

MANN KI BAAT



ATMANIRBHAR IN DEFENCE

Secure and Self-Reliant India



Prime Minister Narendra Modi's
Address to the Nation



Prime Minister's Address



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MEDIA SCAN

My dear Countrymen

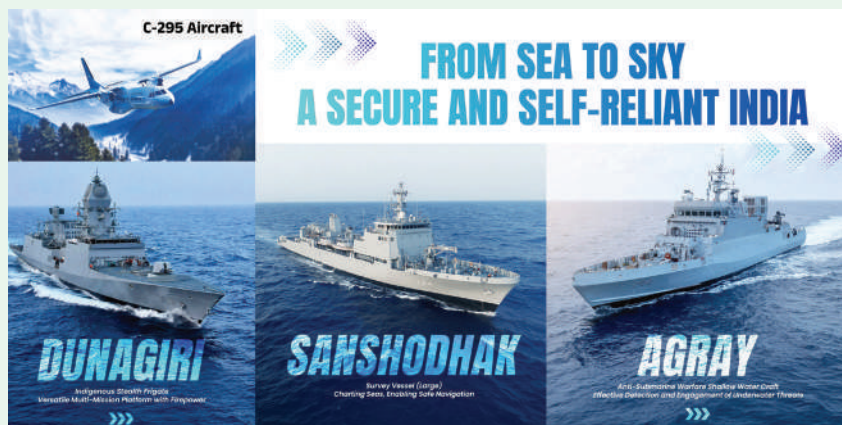
Namaskar

It gives me immense joy to connect with all of you once again through 'Mann ki Baat'. Half of the year 2026 is drawing to a close. Over these six months, we have discussed numerous achievements of our countrymen in 'Mann ki Baat'. In June as well, the nation has attained certain achievements that fill every citizen with pride. These successes are linked to the country's security and self-reliance. **Recently, I had the opportunity to attend a Navy-related event in Kolkata. There, INS Dunagiri, INS Sanshodhak, and INS Agray were inducted into the Indian Navy's fleet.**

Everything - from the design to the manufacturing of these ships - is indigenous.

Friends, The country also achieved a major success in the aviation sector in the month of June itself. The C-295 aircraft is 'Made in India'; C-295 aircraft has completed its maiden flight and 40 such aircrafts are being manufactured right here in India. This is providing new momentum to the MSME and aerospace sectors, raising employment opportunities, and strengthening the resolve for an Atmanirbhar Bharat.

This month, the DRDO also successfully tested an



indigenous 'Long-Range Land-Attack Cruise Missile'. It was developed jointly by DRDO laboratories and Indian industry partners; in other words, from the seas to the skies, our India is becoming increasingly secure and self-reliant.

Friends, Another event took place in June that saw the entire world join hands with India's efforts – and that event was 'International Yoga Day'.

This time, diverse Yoga events were held at over 2,500 locations across the globe. In our country, crores of people participated in Yoga programmes at numerous places. There has also been much discussion this month about the 'World Yogasana Championship' held in Ahmedabad. India won a total of 114 medals in this event, including 102 gold medals. India topped the medal tally at this championship. I extend my

heartiest congratulations to all the winning athletes.

Friends, The people are the soul of any nation. And when the people of that country make a resolve, no force can deter them from their goal. This power of public participation in nation-building is a tremendous asset for India, and we are experiencing this public participation time and again.

Friends, In view of the prevalent war-like situation in West Asia, I had urged countrymen on a few points. I had asked people to avoid buying gold for some time, as far as possible. I urged people to avoid holidaying abroad and encouraged carpooling. I also requested farmers to adopt chemical-free farming, protect their farmlands, and maximise the use of natural fertilisers. Friends, I am grateful to every





citizen of the country; not only have they supported my appeal, they are also actively cooperating in every way. Many families have shared their experiences with me through messages. Numerous families have decided not to buy gold for weddings in their homes this time; if the need arises, they would recycle old gold to create new jewellery. Many people have also written on social media about how they have postponed their foreign trips, this time.

Friends, People have shared many experiences regarding carpooling as well. Those who used to travel in their own vehicles in the same direction every day have now started commuting together. People are making every effort to use buses and the metro, which is resulting in savings on petrol and diesel. Similarly, reports are

coming in about the increased consumption of natural fertilisers in various parts of the country. Friends, I am happy that we Indians are facing this global crisis together. I am confident that this very power of public participation will strengthen us and lead us to success.

My dear countrymen, In our country, occasions like birthdays, weddings, and family functions are not merely private affairs but celebrations for the entire community. Every family wishes to share its joy with others, and people often give gifts to their guests. Friends, a family in Nanded, Maharashtra, has done something to share their happiness that has become a topic of discussion. The Pethkar family resides in the village of Bahadurpura in Nanded. This family felt that if they were to share their joy,



they should offer something that could serve as a support system for a family during difficult times. On the occasion of a wedding in their home, the family arranged accident insurance for approximately 3,500 villagers. Each individual was provided with an insurance cover of one lakh rupees. The sentiment behind this initiative is truly touching. The family had observed that households often face severe financial hardship following an accident. During such times, even a little aid turns out to be of great support.

Friends, The government is extending this protective shield to crores of families across the country. Under the 'Pradhan Mantri Suraksha Bima Yojana' for an annual premium of just ₹20 - meaning a premium of only ₹20 for the entire year - one gets 'accidental insurance'

cover of up to ₹2 lakh. So far, more than 58 crore people have joined this scheme.

Among them, approximately 28 crore are women - our mothers, sisters, and daughters. Affected families have received assistance amounting to over ₹3,700 crore through this scheme to date, as per the accounts available so far.

Friends, Similarly, the 'Pradhan Mantri Jeevan Jyoti Bima Yojana' is equally important. This scheme provides an insurance cover of ₹2 lakh to a person's family in the event of their unfortunate death. Its annual premium is just ₹436 - which works out to barely ₹1.50 per day. More than 27 crore people have joined this scheme so far. Under it, around 11 lakh families across the country have received assistance totalling approximately ₹22,000

crore. These figures are massive. Behind these numbers lie the individual stories of lakhs of families; somewhere, a mother received help to continue her children's education, while elsewhere, a wife found the support needed to manage household responsibilities.

Friends, Often, a significant safety net can begin with a very small amount and a tiny step; even a small decision can bring about a major change. I urge all of you to share information about these schemes with your families.

My dear countrymen, In 'Mann ki Baat', let us now discuss a subject that is thousands of years old - one that has been deeply ingrained in human society for millennia. That subject is superstition. Superstition is often not merely a misconception; it begets fear, and when fear

dominates the mind, a person stops seeing the truth. People steeped in superstition begin making decisions without logic or knowledge of the facts—decisions that lead to great harm. At the same time, there are those in society who challenge such beliefs based on science, experience, and logic. The journey from superstition to faith is not easy, and today I certainly want to tell you about one such successful journey.

Friends, A bird is found in Assam known as the 'Hargila'. The 'Hargila' is a rare bird. It plays a vital role in keeping nature clean. However, for a long time, it was considered inauspicious in certain parts of Assam. People disliked seeing it in their vicinity. Often, trees housing 'Hargila' nests were even cut down. Just imagine—a bird that helps clean the environment became a





victim of people's fears. It was during that time that biologist Purnima Devi Barman witnessed it all. She resolved to change the misconceptions deeply rooted in people's minds. She spoke to women and explained the facts based on science; gradually, women began joining this campaign.

Then, a major transformation began. The bird that was once driven away as a bad omen started becoming the identity of the villages. Thousands of rural women stepped forward to save the 'Hargila'—today, they are known as the 'Hargila Army'. These women also had to contend with societal resistance. They worked day and night to convince society and ultimately succeeded in leaving superstition behind. They have demonstrated that when the

right information is conveyed, even age-old mindsets can change.

Friends, I often say: "Those who play, blossom." Today, the number of young people in the country who are both playing sports and blossoming is growing rapidly. Compared to the past, far more young people are now pursuing sports as a career. **I have learned about two such initiatives in Nagaland that are quite interesting. The first initiative is the 'Nagaland Baby League'.** Hearing the name, you might presume this is just an ordinary league for very young children, but that is not the case. It is an extraordinary league for children aged 5 to 10 to 12 – blossoming youngsters – that not only inspires them and nurtures their speed and talent but also helps establish

their identity. It was launched to connect as many children as possible in Nagaland with football. Boys and girls aged five to twelve can participate. The league has now completed three years of operation. This league has had a positive impact on the children.

Friends, Another commendable initiative is underway in Nagaland: the 'Nagaland Women Futsal League'. 'Futsal' might be a new term for some of you; let me explain that it is also known as indoor football. In each team, there are only five players, and the playing court is much smaller than a standard football field. Consequently, players must make quick decisions and effectively utilise their technique and skills. The Nagaland Women Futsal League is providing a wonderful platform for our

daughters to showcase their talent. I commend the people of Nagaland for such initiatives; these efforts serve as an inspiration to other parts of the country as well.

Friends, This is the age of technology. New research is taking place every day. Ever new AI innovations are coming up. In such times, a crucial question arises: how can we preserve people's creativity? How do we remain connected to our roots while advancing with new technology? Nalanda University has found a solution to these questions. Our Nalanda University—dating back thousands of years—is now shaping India's destiny in a new avatar. Two years ago, I had the opportunity to dedicate to the people the new campus of Nalanda University. Nalanda University has revived our ancient



tradition of *Shaastraarth* i.e. intellectual discourse.

Shaastraarth is not merely a medium for expressing one's views; it is a disciplined process of dialogue, debate, and deep contemplation. It requires articulating one's position backed by logic and facts – areas demanding mastery. This process also teaches us to listen to and understand the views of others with patience. I am pleased that Nalanda University has incorporated this into its convocation ceremony. Nearly half of the participating students came from other countries. This effort to bridge an ancient tradition with contemporary times is highly commendable. I extend my heartiest congratulations to Nalanda University for this initiative. I would also urge other universities across the country to

consider similar initiatives.

Friends, Another significant effort is underway to prepare the youth for new technology while keeping them rooted in their heritage. The Central Sanskrit University in Delhi is launching a B.Tech program in Artificial Intelligence and Data Science. This marks a crucial step towards integrating modern technology with India's traditional knowledge. It will facilitate the development of new AI tools for Indian languages and accelerate the digitisation and preservation of our ancient texts and manuscripts. I convey my best wishes to the Central Sanskrit University for this endeavour.

Friends, Indian culture is reaching various corners of the globe today. People across the world are discovering and embracing our songs, music,



and spirituality. Thousands of kilometers away from India, in the Caribbean Sea, lies a country called the Dominican Republic. The Indian population there is around 100—perhaps even fewer. Despite this, a wonderful initiative connected to Indian culture and spirituality is underway there. A team has been formed by some Spanish-speaking locals; this team is named 'Brahmakamal Dominicana.' The members study Vedic literature together and are learning to chant Vedic mantras. They have received no formal training on this; but they have learnt the correct pronunciation by listening to audio recordings.

Today, they chant several mantras—such as the Purusha Sukam, Sri Sukam, Sri Rudram, Durga Sukam, and Devi Mahatmyam—with great proficiency. Their effort to learn our traditions while living so far from India is truly inspiring. I extend my best wishes to all the members of 'Brahmakamal Dominicana' for their endeavors. I wholeheartedly appreciate all those who are making continuous efforts to popularise Indian culture worldwide.

My dear countrymen, Meghalaya is known for its clouds and breathtaking landscapes. Anyone who visits Meghalaya also cherishes the memory of the warmth and sense of belonging offered by its people even long after they leave.

However, there is another unique feature of Meghalaya that I wish to discuss with you today in 'Mann ki Baat', that is Meghalaya's root bridges. I am referring to bridges made of roots, not the kind of route one travels on. The story behind these root bridges is fascinating. These bridges are not built in a matter of days or years; it





takes decades for them to take shape. The roots of rubber trees are gradually guided in specific directions and trained to span across water streams.

Over time, these roots transform into sturdy bridges. These bridges possess another unique quality: they are living bridges. They grow stronger with the passage of time. They reflect the creativity of the people of Meghalaya. These embody years of patience and a deep respect for nature. These bridges demonstrate the amazing things humans can create in harmony with nature. They are a heritage of our country and our land. India has now applied to have Meghalaya's root bridges included in the UNESCO World Heritage Site Network.

Friends, climate change

poses several challenges to these root bridges. Amidst this, the people of Meghalaya have admirably shouldered the responsibility of preserving this natural heritage. Previously, it was not even easy to determine exactly how many such bridges existed; the local people themselves took the initiative to count them.

Subsequently, the communities also took up the responsibility of maintaining these bridges. Today, local residents look after more than 120 root bridges. Some teams inspect the condition of these bridges annually, and some individuals have even established nurseries to strengthen the surrounding areas. An entire ecosystem has thus developed around their

conservation. You may have noticed that Hally War ji was honored with a Padma Award this year; he has dedicated over 50 years of his life to the care of these root bridges. His dedication is an inspiration to us all. Friends, if you have ever visited these root bridges, do share your photographs on social media. Your pictures will inspire others to learn about this unique heritage of Meghalaya.

My dear fellow citizens, We all desire our village to be neat and clean and our city to look beautiful. Yet, we rarely pause to consider who clears the waste that accumulates around us. Most people presume it is someone else's responsibility—that someone else will handle the cleaning. However, there are individuals among us whose mindset serves as a great inspiration. I had the opportunity

to learn about some women from Biaora in the Rajgarh district of Madhya Pradesh. They resolved to remove the plastic waste scattered around their area. Instead of contemplating for someone else to bring about change, they took the initiative to collect plastic waste and empty bottles from across the town themselves. Gradually, this effort expanded, and the collected plastic began to be converted into 'eco-bricks.'

Today, these very eco-bricks are being used to beautify public spaces. In Rajgarh, hundreds of kilograms of plastic have been recycled and put to productive use over the past few months. In other words, the plastic that once polluted the city is now contributing to its beauty, thanks to the efforts of these women. I congratulate all the sisters of Biaora and the associates



**Small Steps,
Sustainable
Change**
**Led by Biaora's
Women**



involved in this initiative.

My dear fellow citizens, Many people have written to me suggesting that I speak about a special topic. This topic relates to 'Ganesh Utsav'. Although there is still quite some time left for 'Ganesh Utsav', people have urged that this subject be discussed right now. In fact, the work of crafting Ganesh idols begins well in advance; idol makers and those involved in the idol trade become active right now. Therefore, I urge all of you... please make an effort to ensure that the idol of Ganpati Bappa installed in your home, society, or neighborhood is made from the soil of our own country and crafted by the hands of our own potters and local artisans. I also urge those who make Ganesh idols to prioritise clay idols, and I ask buyers to check what

the idol is made of and which country it was produced in. Do not buy idols made of Plaster of Paris at all.

Friends, Clay idols dissolve naturally in water after the worship rituals conclude. This helps protect our rivers, ponds, and the environment. It allows us to uphold our faith while also fulfilling our responsibility towards nature. When we purchase idols from local artisans, we strengthen the resolve of being 'Vocal for Local'. I am confident that during this 'Ganesh Utsav'—and indeed during every such festival—we will give serious thought to these matters and take steps in the national interest.

Friends, The greatest strength of our country lies in her people. The various efforts—big and small—taking place

across the country teach us a great deal. These endeavours demonstrate that when there is determination and the support of society, significant change can be achieved. Do keep writing to me about such efforts happening in your vicinity. Continue sharing your thoughts and suggestions; a small initiative in your area could well become an inspiration for the entire nation. We shall meet again next month to discuss new endeavors undertaken by our countrymen. Until then, take care of yourselves and your families – and yes, water conservation is a must! We must save every single drop of rainwater. We cannot let the momentum of the 'Catch the

Rain' campaign slacken in the slightest. So, I urge you specially: let us come together to save every drop of rain.

Thank you very much.
Namaskar.

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listen to 'Mann ki Baat'.



MANNNKI BAAT

Special Mentions by Prime Minister







India Sailing on the Waves of Self-Reliance



From the seas to the skies, India, today is setting new benchmarks in security and self-reliance. The 'Make in India' resolve in the Defence sector is now clearly visible on the ground. Recently, Hon'ble Prime Minister Narendra Modi proudly highlighted this growing strength of the nation during the 'Mann ki Baat' program. Advancing in this direction, three indigenous warships—INS Dunagiri, INS Sanshodhak, and INS Agray—were inducted into Indian Navy's fleet during a historic ceremony at the Syama Prasad Mookerjee Port in Kolkata. These three warships were designed by Navy's 'Warship Design Bureau' and constructed by Kolkata-based 'Garden Reach Shipbuilders and Engineers.' Possessing distinct capabilities, these warships stand as formidable symbols of India's self-reliance in maritime security and Defence manufacturing.



The New Strength of Navy



INS Dunagiri

This is a powerful 'stealth guided-missile frigate' built under 'Project 17A.' The warship is specifically designed to evade radar detection, making it difficult to locate. INS Dunagiri is fully equipped with state-of-the-art sensors and advanced weaponry, including surface-to-surface 'BrahMos' missiles and a 'Medium-Range Surface-to-Air Missile' system.

INS Sanshodhak

Unlike other warships, its primary function is the precise mapping of the seabed. It has been specially designed for 'hydrographic surveys' in both coastal and deep waters. The vessel collects data that facilitates safe navigation and supports naval operations. To conduct surveys at extreme depths (beyond the reach of divers), it carries unmanned machines such as 'Autonomous Underwater Vehicles' and 'Remotely Operated Vehicles'.



INS Agray

This vessel is primarily designed to hunt enemy submarines operating near India's coastline. It is an 'Anti-Submarine Warfare Shallow Watercraft' capable of detecting, tracking, and neutralising underwater threats in coastal waters. It is equipped with lightweight torpedoes, indigenous rocket launchers, and shallow-water sonar systems. Instead of conventional propellers, it utilises a 'water-jet propulsion system,' which reduces underwater noise and provides a significant advantage during anti-submarine operations.



Banmali Agrawala
Chairman
Tata Advanced Systems
Limited

THE MAKING OF INDIA'S FIRST PRIVATE- SECTOR MILITARY AIRCRAFT ASSEMBLY LINE

The manufacturing of the first C-295 transport aircraft in India by Tata Advanced Systems marks a significant milestone in the country's aerospace journey. It marks the emergence of India's first private-sector military aircraft manufacturing capability, with advanced military aircraft now being built in the country by Indian industry, for the Union Ministry of Defence (MoD) and the Indian Air Force (IAF).

The C-295 programme is one of the most significant milestones in India's vision of *Aatmanirbhar Bharat* in defence manufacturing. Under the contract signed between the Ministry of Defence and Airbus Defence and Space of Spain in 2021, the Indian Air Force will receive 56 C-295 transport aircraft. The first 16 have been delivered in fly-away condition from Spain, while the remaining 40 are being manufactured from parts to final assembly and testing in India by Tata Advanced Systems in collaboration with Airbus.

The programme has established India's first private-sector Final Assembly Line for military aircraft—a landmark not only for Tata Advanced Systems, but also for the country's evolving aerospace manufacturing capability. Building a modern military aircraft involves far more than assembling thousands of components. It demands precision engineering, rigorous quality assurance, advanced manufacturing processes and seamless integration across design,

production and final assembly. Through the C-295 programme, these capabilities are being developed and executed in India, creating a foundation that will support the nation's aerospace ambitions for decades to come.

Yet the significance of the programme extends well beyond the Final Assembly Line. Its greatest achievement lies in the ecosystem it is helping create—bringing together Indian industry, large manufacturers, MSMEs and technology partners into a single aerospace value chain.

A defining feature of the programme is the depth of Indian industrial participation. More than 85 per cent of the structural work and final assembly activities for the 40 India-built aircraft are being

undertaken in the country, alongside the manufacturing of approximately 13,000 detail parts. The programme has also certified 21 special processes and onboarded 40+ India-based suppliers from both the public and private sectors, creating a robust domestic aerospace supply chain. This supplier network is crucial because national capability in aviation is built not only in one final assembly facility, but across hundreds of processes, parts, tools, quality systems and trained enterprises. Today, Indian companies are producing thousands of components and sub-assemblies for the C-295, while an expanding supplier base is contributing to every stage of production. In doing so, these enterprises are not



only strengthening India's industrial capability, but are also positioning themselves within the global aerospace value chain.

The programme is equally significant for the capabilities it is creating in people. Across engineering, manufacturing, quality assurance and supply chain management, it is nurturing a new generation of aerospace talent equipped with the skills required to meet global aviation standards. As production progresses, this

knowledge base will continue to strengthen India's aerospace sector long after the final aircraft has been delivered.

Building the first India-manufactured C-295 required the country to master some of the world's most demanding aerospace manufacturing disciplines. This included establishing specialised infrastructure, transferring production know-how, qualifying suppliers, certifying critical manufacturing processes, integrating complex aircraft





systems and developing a workforce capable of meeting stringent global quality requirements. Achieving this demanded close collaboration between Tata Advanced Systems, Airbus, the Ministry of Defence, the Indian Air Force and an expanding network of Indian suppliers. Together, they have combined global expertise with India's growing manufacturing capability to create a production system that meets international aerospace standards.

The story of the C-295 is, therefore, not simply the story of how Tata Advanced Systems has built an aircraft manufacturing business unit. It is also the story of Tata Advanced Systems' building capability at scale—creating an ecosystem where

technology, industry, innovation and skilled talent come together to shape the future of aerospace manufacturing in India. In doing so, it demonstrates how strategic partnerships can accelerate national capability, strengthen industrial self-reliance and lay the foundations for India's next generation of aerospace programmes.

The first Tata Advanced Systems manufactured C-295 will be offered to Airbus and IAF as per contract, in September of this year. Towards the same, this first aircraft has started the process of taking flights, which will culminate with a compliant aircraft with best-in-class quality offered to the IAF.



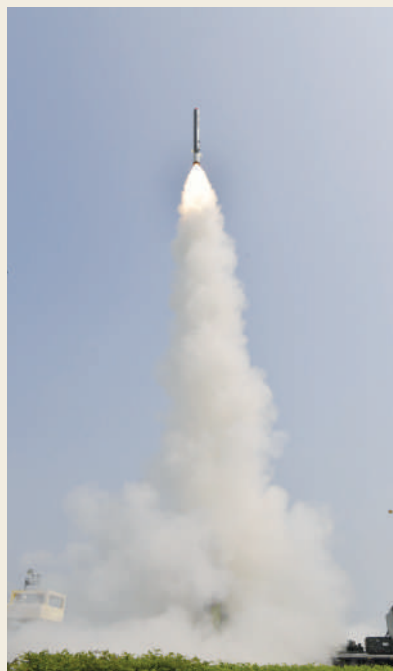
Sanjeev Kumar
Secretary
Department of Defence
Production

FORGING INDIA'S LONG RANGE PRECISION STRIKE CAPABILITY

When Prime Minister Narendra Modi mentioned about the successful flight test of Long-Range Land Attack Cruise Missile (LR-LACM) by DRDO in his 'Mann ki Baat' address, it was not just a routine recognition of a successful military test of a missile, it was a public acknowledgment of a quiet but profound shift in India's intent to develop its indigenous cruise missile ecosystem. This has become even more relevant considering the current global geopolitical situation. The successful second flight test of LR-LACM from Dr APJ Abdul Kalam Island off the coast of Odisha on 15 June, 2026 demonstrated the maturation of indigenous cruise missile systems central to India's evolving deterrence doctrine.

Considering the geopolitical situation around the globe and the ever-increasing defence capabilities of our adversaries, it is strategically essential for India to have a long-range weapon system with precision strike capability. For decades, India's long-range precision strike capability in cruise missiles was synonymous with the BrahMos missile developed by M/s BrahMos Aerospace Pvt. Ltd. However, modern warfare demands architectural

variety in India's long-range precision strike capability. The LR-LACM introduces a completely different and highly sophisticated variable to this equation. With the standoff long-range capability, the LR-LACM will enable our defence forces to operate safely from our own or friendly countries' territory. This provides flexibility to our armed forces for wider engagement from our borders and territorial waters. This also gives a strategic importance to



position ourselves to guard our wider regions of interests in the economic zone.

The LR-LACM is India's subsonic cruise missile, capable of flying at low altitudes while carrying conventional warheads to attack various types of land targets to be launched from both land and sea. The LR-LACM trades blistering speed for extreme stealth, low-altitude endurance, and cost-effective mass production.

In contemporary conflicts, a

modern air defence system can easily map the high-altitude, predictable arc of a ballistic missile. The LR-LACM, however, is designed to give adversaries a strategic nightmare. With its low-flying capability and low observability, it cruises at a very low altitude, only a few meters above the ground, evading enemy radars. With an operational capability of striking the targets at the range of 1,000 kilometers with conventional warhead, the LR-LACM provides Indian forces with a precision deep-strike capability to

neutralise strategic assets such as high-value fixed targets including Military infrastructures as well as mobile targets such as bridges, thermal stations, runways, Defence installations, armoured formations etc. With its ability to cruise through complex terrain and inherent self contained Navigational system, LR-LACM can defy enemy air defence networks and destroy vital installations deep inside the enemy territory.

This flight test of LR-LACM is not only a success for DRDO; it is a massive validation of the capability of Indian Industry Partners. The Aeronautical Development Establishment (ADE), based in Bengaluru, served as the nodal DRDO laboratory spearheading the LR-LACM programme along-with various partner laboratories of DRDO, while Bharat Dynamics Limited (BDL), Hyderabad and Bharat Electronics Limited (BEL), Bengaluru are Development Cum Production Partners (DcPPs) for production and Systems



integration. The actual physical blueprint of this missile is a brilliant example of public-private synergy. From major private and public Indian defence industries to specialised MSMEs, more than 35 industries are contributing in the supply chain for electrical and mechanical system/sub-system/components of LR-LACM. Therefore, LR-LACM is entirely developed by collaborative efforts of DRDO and Indian Industries boosting *Aatmanirbharta* in Defence manufacturing. The LR-LACM programme therefore represents not merely a successful missile development, but it is also a major defence production milestone demonstrating India's expanding capacity to support advanced defence and aerospace manufacturing ecosystems domestically.

The successful initial flight test marks a spectacular triumph. With subsequent trials with user's participation and induction of LR-LACM with the forces,



the real challenge lies ahead. This requires a deliberate and focused road-map for transition from successful prototyping to systematic industrial scaling. Government of India's policy shift to open up advanced defence manufacturing to private defence industries has contributed towards establishing manufacturing facilities in the Private Sector and this has created a highly resilient indigenous defence manufacturing capability, successfully securing India's strategic and industrial future.

International Day of Yoga 2026



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#IDY2026

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India Excels on the Global Yogasana Stage



Yoga is one of India's most profound gifts to humanity. In 2014, following Hon'ble Prime Minister Shri Narendra Modi's proposal at the United Nations General Assembly and the overwhelming international support it received, 21 June was declared the International Day of Yoga (IDY). Since then, Yoga has grown into a global movement for health and well-being. Recently, the 12th edition of IDY, with the theme 'Yoga for Healthy Ageing', was celebrated across the world.

In this journey of Yoga's growing global popularity, a new chapter has now been written in the history of world sports – India hosted the first World Yogasana Championship from 4 to 8 June 2026 at the EKA Arena in Ahmedabad. The event was virtually inaugurated by the Prime Minister Shri Narendra Modi, who described the championship, organised ahead of the International Day of Yoga, as a "double dose of health and wellness". He noted that the championship would give Yogasana new recognition as a competitive sport and expressed

confidence that it could find a place in the Olympics and other multi-sport events in the future. He also highlighted its potential to create opportunities for athletes, trainers, researchers and sports professionals, and encouraged participants to take the 'Yoga 365' movement to the world.

Inaugural World Yogasana Championship 2026

Supported by the Ministry of Youth Affairs & Sports, Ministry of AYUSH, Sports Authority of India (SAI), Sports Authority of Gujarat, Gujarat Tourism and Gujarat Yogasana Sports Association, the five-day championship provided a global platform for athletes to demonstrate their strength, flexibility, balance,

focus and discipline required in competitive Yogasana. It brought together 522 athletes from 79 countries. Athletes from 31 countries won at least one medal, while ten countries secured at least one gold medal, portraying the widening international interest in the discipline.

India Tops the Medal Tally

The host nation, India underlined their dominance with a remarkable haul of 114 medals, including 102 gold medals, to finish at the top of the medal tally. India fielded a 122-member contingent, with athletes competing across six age categories – Sub-Junior Men and Women (10–14 years), Junior Men and Women (14–18



years), Senior (18–28 years), Senior A (28–35 years), Senior B (35–45 years) and Senior C (45–55 years). The competition featured events including Artistic Pair, Rhythmic Pair, Leg Balance Individual, Hand Balance Individual, Back Bend Individual, Twisting Body Individual and Supine Individual.

Particularly encouraging was the performance of India's younger athletes. Nearly half of the country's 102 gold medals came from its young competitors, with junior and sub-junior athletes contributing 46 gold medals.

The championship also witnessed noteworthy performances from other participating countries. Japan

finished second in the medal standings with 11 medals, including three gold, three silver and five bronze, while Argentina secured third place with two gold and three silver medals. Nepal emerged as the second-most successful contingent in terms of total medals won, securing 52 medals – one gold, 36 silver and 15 bronze, to finish fifth in the medal standings. Uzbekistan finished with 25 medals, including one gold, 13 silver and 11 bronze.

One Breath, One Stage, One World

Beyond medals and rankings, the inaugural World Yogasana Championship succeeded in bringing together athletes from different countries





on a common platform rooted in an Indian tradition with universal appeal. The participation of hundreds of athletes from across the world demonstrated how Yogasana is increasingly finding expression not only as a practice for well-being, but also as a competitive sporting discipline.

The championship also showcased the universal values at the heart of Yogasana – focus, balance, discipline and harmony with which, all the athletes were united by a shared pursuit of excellence. Hence, the championship became a meeting point of cultures, generations and sporting aspirations.

From Individual Discipline to

Competitive Excellence

Yogasana's emergence as a competitive sport adds a new dimension to Yoga's global journey. Competitive Yogasana demands precision, physical control, concentration, flexibility and sustained discipline. By creating structured opportunities for competition, it can open new pathways for athletes, coaches, trainers, researchers and other sports professionals. The first World Yogasana Championship therefore represents more than the successful organisation of a global sporting event. It marks a significant step in taking Yogasana from traditional individual practice to an international competitive platform.

Public Safety through People's Participation

A Unique Initiative Supporting the Entire Society



In India, weddings are not merely the union of two families; they are celebrations embraced by the entire community. People often spend lakhs of rupees on lavish feasts, jewellery, and decorations to share their joy. However, a family from Maharashtra's Nanded district celebrated their wedding in a truly remarkable way—one that even drew praise from Prime Minister Narendra Modi during his Mann Ki Baat programme. The family set an inspiring example for society, demonstrating how a wedding celebration can become a source of hope and support for a family in need during difficult times.

The Pethkar Family: Spreading Happiness with a Promise of Security

The Pethkar family of Bahadurpura village in Kandhar taluka of Nanded district chose a meaningful alternative to extravagant wedding spending. Instead of indulging in lavish celebrations, they arranged

for each registered voter of their village i.e. for about 3,500 people an accident insurance cover of Rs.1 lakh. Explaining the humanitarian thought behind this initiative, Siddheshwar Bhagwanrao Pethkar says:

"My elder brother (Shri Anoop Bhagwanrao Pethkar), is an insurance agent. Our village has a large population of farmers and daily wage labourers. Accidents caused by wild animal attacks, farm machinery, or road mishaps are unfortunately quite common. Whenever such incidents occurred, people would often come to us and say, 'Brother, I have young children, a wife, and

my financial condition is very poor. Is there any way insurance can help us? Such experiences deeply moved us. As a family, we decided that instead of spending extravagantly on the wedding, we would use that money to do something meaningful for the entire village."

This was not the Pethkar family's first such unique initiative. Earlier, during the elder brother's wedding, they had distributed more than 1,000 helmets. Siddheshwar explains that when something is given to people with goodwill and love, they use it not out of fear of the police but out of appreciation and slowly it becomes a habit



with them. Today, when people come and tell that their lives were saved because of us, the family feels that their purpose of life has got the true fulfilment.

Government Insurance Schemes: A Nationwide Safety Cover for Millions

The Pethkar family's initiative highlights the critical need for financial protection in the aftermath of an unforeseen tragedy. Recognising this need, the Government of India has been extending a strong safety net to millions of families across the country. Today, the Pradhan Mantri Suraksha Bima Yojana (PMSBY) and the Pradhan Mantri Jeevan Jyoti Bima Yojana

(PMJJBY) have emerged as vital sources of financial security for economically weaker and middle-income households.

PM Suraksha Bima Yojana (PMSBY)

This scheme provides a big support in case of an accident.

- **Premium and Coverage:**
The scheme offers accident insurance coverage of up to Rs. 2 lakh at an annual premium of just Rs. 20. In other words, for only Rs. 20 a year, beneficiaries receive financial protection against accidental death or disability.
- **Beneficiaries and Assistance:**
More than 58 crore people have enrolled under the



scheme so far, including nearly 28 crore women. During times of crisis, the scheme has provided financial assistance exceeding Rs 3700 crore to the affected families.

PM Jeewan Jyoti Bima Yojana (PMJJBY)

Amid life's uncertainties, this scheme serves as a lifesaver.

- **Premium and Coverage:** In the unfortunate event of a person's death, this scheme provides a life insurance cover of Rs 2 lakh to the bereaved family. The annual premium is just Rs 436 which works out to barely Rs. 1.5 per day.
- **Beneficiaries and Assistance:** More than 27 crore people across the country have enrolled in this scheme. So far, nearly 11 lakh families have received financial assistance amounting to around Rs. 22,000 crore under the scheme.

These Rs.3,700 crore or Rs 22,000 crore are not just numbers. Behind these figures are the life stories of millions of families who found support in



their most difficult times. This financial assistance has enabled some mothers to continue their children's education with confidence, while giving many wives the strength and security to shoulder their household responsibilities.

As the Pethkar family has demonstrated, a small step can often bring about a big change. An annual premium of just Rs.20 or Rs.436 can secure the future of an entire family. All that is needed is for us to become a part of these welfare schemes and encourage people in our communities to enroll as well. This is the true essence of Jan Suraksha.

The Hargila Army

A People's Movement for Conservation



For decades, the Greater Adjutant Stork of Assam, locally known as the 'Hargila', was viewed with suspicion in parts of the state. A large, scavenging bird that plays a vital ecological role in keeping wetlands and riverbanks clean, was nonetheless considered inauspicious in certain communities, and nesting trees were frequently cut down to drive it away. It was against this backdrop that wildlife biologist Dr Purnima Devi Barman began her work, determined to change attitudes rooted in fear rather than fact.

That transformation from omen to identity is best understood through the voice of Dr Barman, who resolved to change deeply rooted misconceptions by speaking to women and explaining



the science behind the bird's ecological role. As she recalls it, the movement began modestly: "We started very small and now it is so huge." Her message to fellow conservationists has remained consistent—that "no work is small", and that any species-focused effort is, in truth, work with "the people surrounding them." She urges practitioners to build the leadership of women and bring communities to the forefront as "warriors" of conservation, rather than treating them as bystanders.

The results of that approach are visible in how women in Kamrup district now describe themselves. The bird is invoked daily as the 'Hargila Army', with

women's names themselves becoming linked to the stork. It has entered household life, folk songs, and the Bihu festival, and villages conduct door-to-door outreach so that new members keep joining the cause.

The everyday mechanics of this vigilance are considerable. Women and their families monitor nesting trees, and when chicks fall, nets are placed beneath the nests; the birds are then handed over for rehabilitation in collaboration with the Assam Forest Department before being released into the wild. Alongside this, thousands of women—many already practised weavers—have been trained to weave motifs of the Hargila into textiles, turning



conservation into a livelihood. Awareness campaigns, baby-shower rituals for nesting storks, and integration of the bird into folk songs have made the stork, in Barman's words, "a part of our daily household name" and "a part of our tradition."

The emotional turning points of the movement, as Barman describes them, include the moment residents began calling for rescues instead of hunting, and when women "joined a baby shower of the Hargila watch" and introduced themselves proudly as members of the Hargila Army. The scale of change is measurable: from 27 nesting colonies at the outset, with only 13 active, the number has grown to 322 colonies in Kamrup district and 485 across Assam. The stork

population itself has risen from roughly 400–450 birds in 2007 to nearly 2,000 today, a change that has contributed to the IUCN revising the species' threat status.

This community-driven success has received formal national recognition. Dr Purnima Devi Barman was among the recipients of the Nari Shakti Puraskar 2017, conferred by the President for her conservation work with the Hargila Army, described among a list of laureates spanning fields "as diverse as sports, social work, science, art, agriculture, education, conservation, security, handicrafts and defence". More recently, she was conferred the Whitley Gold Award for 2024 for her work mobilising the Hargila Army in Kamrup district, which





today has the highest number of the storks in the world.

Barman extends this experience as an open invitation to others. She urges young conservationists and citizens alike to come forward and “believe in themselves,” insisting that “no work is small” and that a small beginning can grow into “a big movement or monumental movement one day,” just as the Hargila conservation effort did. Her appeal rests on a simple principle: that saving a single species is never only about that species. As she puts it, working for the Hargila is also “about our people, our future, our existence, our livelihood, our culture,” and any genuine conservation effort must place local communities—and particularly women—“as the forefront warriors,” involved

in decision-making rather than kept at the margins. Her closing message to the country is direct and personal: adopt one bird, adopt one species, hold it in your heart, and act—for, as she reminds us, “you never know that action can be a big moment one day.”

As the Prime Minister noted while recounting this story to the nation in the 135th MKB, it demonstrates that “when the right information is conveyed, even age-old mindsets can change”. Barman’s own appeal to the country carries the same spirit forward: that everyone “adopt one bird, adopt one species,” recognising that safeguarding one creature is inseparable from safeguarding “our people, our future, our existence, our livelihood, our culture.”



Anthony Ngullie
Secretary
Department of Youth
Resources and Sports,
Nagaland

NAGALAND SCORES WITH GRASSROOTS FOOTBALL

Football has always occupied a special place in the hearts of the people of Nagaland. Often regarded as the common man's game, football is simple, affordable and accessible, requiring minimal equipment and infrastructure. Its universal appeal makes it an ideal sport for promoting mass participation, particularly among children and youth. Played across villages, schools and towns, football has become an integral part of the State's sporting culture and a powerful medium for fostering discipline, teamwork and community spirit.

Recognising the transformative power of sports, the Youth Resources & Sports Department, Government of Nagaland, has adopted a long-term vision of strengthening football from the grassroots while creating greater opportunities for children and women. This vision has taken shape through two flagship initiatives, the Grassroots Football Festival Baby League and the Nagaland Women Futsal League, which were appreciated by the Hon'ble Prime Minister, Shri Narendra Modi, during the June 2026 edition of 'Mann ki Baat' as inspiring initiatives that other States can emulate.

Launched in June 2024, the Grassroots Football Festival Baby League aims to introduce children aged 5 to 12 years to organised football at an early age, nurture a lifelong interest in sports and identify promising young talent. More importantly, it seeks to increase participation in sports while fostering a supportive sporting culture

by encouraging parents and families to actively witness, appreciate and support their children's sporting journey.

Now in its third edition, the Baby League has become one of the State's flagship grassroots football programmes. Organised annually in Kohima, with plans to gradually expand to all districts of Nagaland, the festival is open to boys and girls in four age categories; 5 to 6 years, 7 to 8 years, 9 to 10 years and 11 to 12 years. Participation is invited through advertisements in local newspapers and social media platforms to ensure broad outreach across the State.

Unlike conventional tournaments, the Baby League places greater emphasis on participation, enjoyment and learning rather than on



competition. Qualified coaches and technical officials conduct small-sided matches and age-appropriate football activities that help children develop coordination, confidence, teamwork and basic football skills in a fun and safe environment. The 2026 edition





attracted around 420 children, reflecting the growing popularity of the initiative.

One of the programme's most encouraging outcomes has been the remarkable increase in participation since its inception. Parents now enthusiastically enroll their children each year and actively cheer them on during the festival, creating a vibrant sporting atmosphere and encouraging children to view sports not only as a pathway to excellence, but also as a means of recreation, fitness and personal development.

Throughout the festival, coaches and technical officials closely observe participants to identify children with exceptional talent and potential. Standout players are subsequently considered for advanced coaching, departmental training programmes, State coaching camps and higher-level tournaments whenever

suitable opportunities arise. In this way, the Baby League serves as the foundation of a structured football development pathway in Nagaland.

To ensure that women and girls also benefit from organised sporting opportunities, the Department launched the Nagaland Women's Futsal League in 2024. Organised in collaboration with the Nagaland Football Association, the second edition was successfully held from 11th to 16th May 2026 at the Indira Gandhi Stadium, Kohima.

Futsal, a fast-paced five-a-side version of football, was chosen because it develops close ball control, technical ability, teamwork and quick decision-making while serving as an excellent pathway to outdoor football. Through this initiative, the Department aims to generate greater interest in football among women and girls, increase their participation in



sports and ensure that they are provided equal opportunities to develop and excel.

The 2026 league brought together eight registered women's clubs from across Nagaland through their respective District Football Associations. Conducted in accordance with the FIFA Futsal Laws of the Game under the supervision of qualified referees and technical officials, the tournament provided a professionally managed competitive platform. To encourage wider participation, the Department also provided accommodation and meals for all participating teams.

The Women's Futsal League has emerged as an important platform for identifying talented players for future District and State representation while strengthening women's football clubs across Nagaland. By providing a professionally organised competition, equal opportunities and attractive prize incentives, the league has encouraged more girls and young women to take up football and futsal with confidence. The increasing visibility of women's football has also inspired families and communities to support women athletes and has encouraged clubs and

players to prepare throughout the year for future editions, making the league a continuous process for player development and competitive excellence.

While expanding grassroots sports across a geographically diverse State presents certain challenges, the Department remains committed to widening access to football by developing infrastructure across the districts, strengthening coaching and technical capacity, and working in close collaboration with the Nagaland Football Association and District Football Associations. These ongoing efforts will enable more children and women to participate in organised football, strengthen the State's football ecosystem and create a sustainable pathway for future generations of players.

The recognition accorded by the Hon'ble Prime Minister has been a matter of immense pride and encouragement for Nagaland. It reaffirms that sustained investment in grassroots sports can create lasting impact far beyond the playing field. Guided by the belief that "Those who play, blossom," the Youth Resources & Sports Department remains committed to building an inclusive football ecosystem where every child and every woman has the opportunity to play, learn and excel.

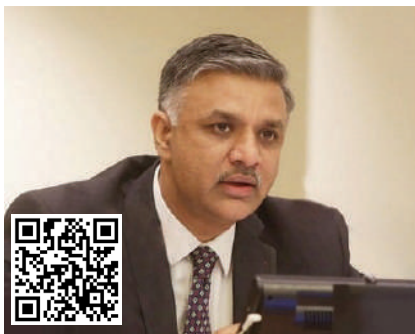
From Shastrarth to Artificial Intelligence

Revival of India's Knowledge Heritage



Today, we are living in an unprecedented era of technology and artificial intelligence, where new innovations and research breakthroughs emerge every day. As machines and algorithms become increasingly intelligent, a profoundly important question confronts us: How do we preserve human intellectual creativity? And as we race ahead with rapid technological advancements, how do we remain connected to our ancient roots?

Our country's historic institutions of learning have begun to find answers to these critical questions. In a recent episode of Mann Ki Baat, Hon'ble Prime Minister Narendra Modi expressed deep satisfaction that India's academic institutions are making remarkable efforts to integrate modern technology with



our rich traditional knowledge. From the ancient practice of Shastrarth –the tradition of scholarly debate and to the cutting-edge study of Artificial Intelligence, India's knowledge heritage is being reimagined in a new form, ready to guide the world once again.

Nalanda University: Reviving the Ancient Tradition of Shastrarth.

The centuries-old legacy of Nalanda University is once again shaping India's future in a renewed form. This world-renowned centre of learning and intellectual churning is reviving its ancient tradition of debate (Shastrarth). Shastrarth is not merely a means of presenting one's own viewpoint or imposing it on others. Rather, it is a highly disciplined process

of dialogue, debate, and intellectual deliberation. Just as it is essential to articulate one's ideas with facts and reason, it is equally important to listen to and understand the perspectives of others with patience and respect. Nalanda University has set a remarkable example by making Shastrarth an integral part of its convocation ceremony, with nearly half of the participants comprising international students from across the world.

Highlighting the core objectives of this intellectual initiative, the Vice-Chancellor of Nalanda University, Professor Sachin Chaturvedi says:

“Through Shastrarth, we seek to cultivate four essential qualities in our students: the ability to think critically, reason



independently, effective expression through language, and discipline. Conventional debate competitions typically place emphasis on winning or losing. Shastrarth, however, transcends this notion. What truly matters is what each participant learns. In other words, the facts, insights, and ideas that emerge from rigorous intellectual exchange are far more important. In the present age of Artificial Intelligence (AI), organizing programmes such as Shastrarth in universities is far more beneficial than attempting to restrict AI. Such initiatives help students develop the ability to think critically, reason independently, and articulate their own ideas with clarity and confidence.”

Central Sanskrit University:
A Historic Confluence of Sanskrit
and Data Science

Another pioneering initiative to prepare youth for cutting-edge technologies while keeping them connected to their cultural roots is being undertaken by Central Sanskrit University in Delhi. The university is set to launch a new B.Tech. programme in Artificial Intelligence and Data Science. This marks a significant milestone in integrating modern technology with India's rich traditional knowledge systems. The programme is expected to not only facilitate the development of advanced AI tools for Indian languages, but also to accelerate the digitization and preservation of our invaluable ancient texts and thousands of years of manuscript heritage.

Highlighting the vision behind this pioneering initiative, the Vice-Chancellor of Central Sanskrit University, Professor





Shrinivasa Varakhedi explains:

“Central Sanskrit University is an institution dedicated to preserving our traditional knowledge systems. Sanskrit and the Shastras can neither be effectively preserved nor meaningfully advanced unless they are integrated with modern technology. Guided by this vision, we have introduced a B.Tech. in Artificial Intelligence and Data Science, with a special focus on Sanskrit and other Indian languages. The knowledge of ancient India is not meant only for our country, but is a legacy of value to the entire world. By leveraging Artificial Intelligence and emerging technologies, we can bring this vast repository of ancient wisdom into the frontiers of new knowledge creation. Young people's enthusiasm for new technologies, along with their aspirations and ambitions, is our greatest source of inspiration.”

Today, when the world remains divided over the promises and perils of Artificial Intelligence, India has sought to demonstrate that technology can be harnessed most effectively for the preservation and advancement of knowledge. While Nalanda University's Shastrarth initiative is nurturing independent thinking and critical reasoning among young minds, the Central Sanskrit University's programme in Artificial Intelligence is equipping those very minds to shape the technologies of the future. This unique effort to bridge an ancient intellectual tradition with the demands of the modern age ensures that India's youth remain firmly rooted in their civilizational heritage while being fully prepared to lead in the rapidly evolving world of technology.

Brahmakamal Dominicana

Bridge of Indian Vedic Culture in the Caribbean



Watch the
interview here:



Brahmakamal Dominicana – a spiritual group led by Ms. Sonia Rodriguez and based in the Dominican Republic has come into the spotlight through Mann Ki Baat. Having begun around two decades ago under the inspiration of their Guru, Sri Sathya Sai Baba, the practice of the Vedas has become a way of life for the group. The members not only chant Vedic mantras regularly, but also study them, contemplating their meaning and essence.

What started with learning through audio cassettes and scriptures brought from India has, over time, evolved into a deep internalisation of the Vedas. Today, the group travels to different parts of the Dominican Republic to chant Vedic mantras, believing that the sacred chants spread positive and powerful vibrations. Other members of the group include Mr. Luis Torres, Mr. Elias Pilarte, Ms. Rosa Polanco, Ms. Esperanza, Ms. Yanet Amaro, Ms. Ana Vittini etc.

Vedas are the source of all knowledge. We have learnt that they are not books that belong just to Hinduism. Vedas are the source of spirituality for all humankind. Thanks to India and all the noble souls that have been preserving them for eons for all of us. When we got in contact with Vedas, we started digging in our inner self and the main goal was not only to chant perfectly which is the one level of sound, but to go deeper and to feel the meaning. As they say – you have to chant the mantra until the mantra chants you!

– Sonia Rodriguez



True transformation is not easy to achieve, but remaining steadfast in pursuing it is what truly matters. The teachings of our Guru, right action, and striving to recognise in every human being the love that we truly are, is basically what helps us achieve that transformation

– Yanet Amaro

At first, it wasn't very easy back then. We didn't have the resources we have today. But we started with written materials that we brought from India, small cassette tapes. We began little by little, practically by listening to the mantras. As time went by, we found instructors, and we gradually adapted and corrected many aspects of our pronunciation. We also came to understand the meaning of the mantras we were learning. Little by little, we have been finding our way and making it part of who we are.

– Luis Torres



With the grace of Swami, our great Guru, we gradually learned the Sri Rudram, which is the journey from ourselves to our true self. It describes the entire inner journey of a human being. It is a hymn of praise to the Divine within each one of us. We are also currently studying the Arunaprasnah, which is the journey from the microcosm to the macrocosm, from Earth to Heaven. We have also learned Sri Suktam, Durga Suktam, Devi Suktam, Shivopasana and Mantra Pushpam.

– Rosa Polanco



Hally War
Headman of Siej Village,
Nongkroh Sirdarship
& Padma Shri Awardee
(2026)

A BRIDGE THAT GROWS WITH TIME

**The Inspiring Story
of Meghalaya's Living
Root Bridge**

Nestled amidst the lush green forests of Siej Village, near Sohra (Cherrapunjee) in Meghalaya's East Khasi Hills District, stands one of nature's most remarkable creations—the Living Root Bridge. Unlike bridges made of concrete or steel, this bridge is alive. It has been carefully grown and nurtured from the aerial roots of the rubber tree (*Ficus elastica*), reflecting generations of indigenous knowledge, patience, and a deep respect for nature.

For the people of the Khasi Hills, these living bridges are much more than a tourist attraction. They are lifelines that connect communities across rivers, especially during the heavy monsoon season. Stronger and longer-lasting than bamboo or wooden bridges, they continue to grow and become sturdier with age, making them one of the finest examples of sustainable engineering anywhere in the world.

I started building living root bridges when I was only ten years old. My father and grandfather encouraged me to learn this traditional practice. They first asked me to build small bridges using bamboo and wooden logs so that our villagers could cross the river more easily. But bamboo and wood would eventually rot. They taught me that the roots of the rubber tree could be guided to form a much stronger bridge that would last for generations. What began as a lesson from my elders soon became my life's

mission.

For more than fifty years, I have patiently been caring for the Living Root Bridge in Siej Village, which today is around fifty years old. Every year the roots continue to grow. I guide them, weave them together, and connect them so they grow into one another. That is how the bridge becomes stronger. It is living, so the work never really ends.

Building a living root bridge is a process that cannot be hurried. The time required depends on the river, the terrain, and the natural growth of the roots. Some bridges take decades before they become strong enough to carry people safely. Some bridges are bigger, some are smaller. The time it



takes depends on the place. Nature decides how quickly the roots grow. Our responsibility is to guide them patiently and never stop caring for them.

Throughout this journey, I found constant encouragement from my family, friends, and fellow villagers. They encouraged me to continue shaping the roots until they looked like a proper bridge. Their support gives me the strength to keep going. Anyone can build a living root bridge. What is important is patience, responsibility, and determination. You should never leave work halfway. If you stop in between, the bridge remains

incomplete. This knowledge is a gift from God, and it is our duty to preserve it and pass it on.

Over the years, the Living Root Bridge has attracted visitors from across India and around the world. What was once built solely for the convenience of villagers has now become a symbol of Meghalaya's rich cultural and natural heritage. Visitors marvel at the fact that these bridges are not constructed but grown, being living examples of how people can work with nature rather than against it.

The bridge has also welcomed several distinguished visitors, including the Hon'ble



Chief Minister of Meghalaya, Shri Conrad K. Sangma and the Hon'ble Union Finance Minister, Smt. Nirmala Sitharaman, who visited the site on 12th July, 2025.

When I came to know that I would receive the Padma Shree Award from the Hon'ble President of India, Smt. Droupadi Murmu at Rashtrapati Bhavan on May 25th 2026, I was truly surprised. I never imagined that the work I quietly carried out for my village would receive such recognition. I sincerely thank the Government of India for honouring my work and for recognising the traditional knowledge of our people. I hope this award encourages young people to learn from our forefathers and continue these traditions. If we preserve this knowledge today, it will continue to benefit our communities tomorrow.

Everyone is welcome to visit our bridge. Walk across it, enjoy its beauty and take photographs. But I humbly request everyone to respect this living heritage. Please do not pluck the roots or damage the trees. The bridge is alive, and it survives only if we care for it. There should always



be mutual respect between people and nature.

It reminds us that true nation-building is not always measured in grand monuments or massive infrastructure. Sometimes, it begins quietly with the patient hands of an ordinary citizen, guided by ancestral wisdom, sustained by faith, and dedicated to serving his community. Such stories inspire us to preserve our heritage, protect our environment, and ensure that the priceless traditions of our ancestors continue to flourish for generations to come.

Biaora's 'Eco-Bricks' Model

A Sustainable Solution by Women



Every citizen wishes for a clean village and a beautiful city, yet few pause to ask who actually clears the waste that piles up around them. Most assume that it is someone else's job. In Biaora, a small town in Madhya Pradesh's Rajgarh district, a group of women chose not to wait for that "someone else." They picked up the plastic scattered around their own streets, and in doing so, built one of the most striking grassroots models of civic ownership seen in recent years.

The effort took shape under the Paryavaran Premi Sanrakshan Samiti, whose President, Anil Kushwaha, traces its origins to a single moment of discomfort. Seeing a cow eating discarded polythene near a roadside eatery in Biaora, he began stuffing loose plastic bags into



Anil kushwaha,
President, PPSS, Biaora

empty water bottles, turning them into what the group now calls 'eco-bricks'. What began as one man's response to a distressing sight soon drew in friends, shopkeepers, and, most significantly, a growing body of women volunteers who gave the initiative both its scale and its lasting character. Over the following months, this model of public participation transformed into a genuine people's movement.

The women's contribution has been the campaign's backbone. Anila Gujarati, who had quietly made eco-bricks at home for years before joining the committee, found that what she alone could not achieve in five years, the team accomplished within five months once women's participation was organised collectively. Pinky Vishwakarma began collecting waste from her own household after Anil Kushwaha requested her support, telling



Anila Gujarati, Biaora



Tripti Sharma, Biaora

her simply, "Didi, this is waste — we will turn it into the best," and went on to mobilise other women door-to-door, urging them to set aside plastic rather than discard it. Payal Sen, Tripti Sharma, and Suman Kushwaha each describe a similar pattern: a personal decision to stop treating household plastic as waste, followed by encouraging neighbours to do the same. Tripti Sharma joined only after noticing eco-brick tree beds appearing near a local college and outside a public office, and tracing the effort back to the committee.

The campaign was not without resistance. Tarun Sen and Deepak Sahu both recall being



Suman Kushwaha, Biaora



Pinky Vishwakarma, Biaora

questioned and ridiculed for picking plastic out of drains and off roadsides, with sceptics asking what such small efforts could possibly achieve. Deepak Sahu recounts how he and a group of young volunteers would gather at Anil Kushwaha's family shop each evening and walk to the town's bus stand, where outsiders routinely discarded water bottles; the group collected these bottles from across the market area, brought them back, and filled them with plastic bags late into the evening. The volunteers persisted, framing their work as a modest but genuine contribution to the Swachh Bharat mission, and today, the committee counts the support of 300 to 350 families, along with cooperating shopkeepers and traders.

To institutionalise this participation, the Samiti has set up dedicated plastic banks and bottle banks across Biaora, giving residents a simple, standing channel to hand over waste rather than discard it.

Awareness programmes have also been organised in local schools, extending the message of segregation and reuse to the town's younger generation. Housewives now separate polythene at source, traders route their establishments' plastic to the committee, and volunteers put in time daily rather than occasionally, giving the campaign the steady rhythm of an institution rather than the burst of a one-off drive.

The material outcomes are considerable. More than 700 eco-bricks have been prepared, consuming roughly 240 kilograms of single-use plastic, while over 20 tonnes of plastic and recyclable waste have been collected from the town in total. These materials have gone into the "I Love Biaora" selfie point, tree beds, tree guards, benches and dustbins, turning what once littered Biaora's streets into fixtures of civic pride. Working with the local municipal body's



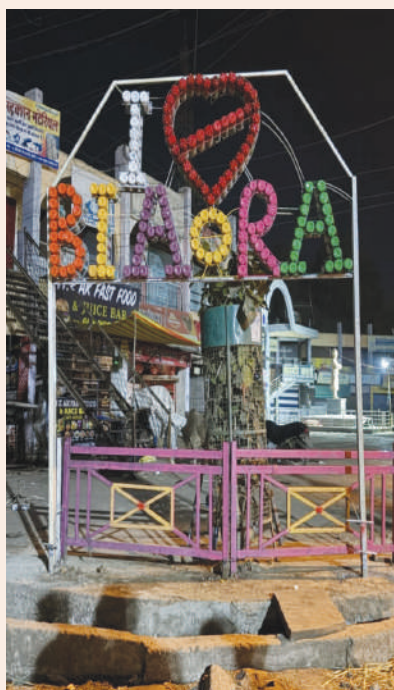
Payal Sen, Biaora



Tarun Sen, Secretary, PPSS, Biaora

machinery, the committee has also begun crushing and melting recycled polythene into tree-guard mesh and other durable products, moving the initiative beyond eco-bricks toward more systematic recycling.

Plastic that once spread pollution in the town is today, through these women's efforts, is



Deepak Sahu, Biaora

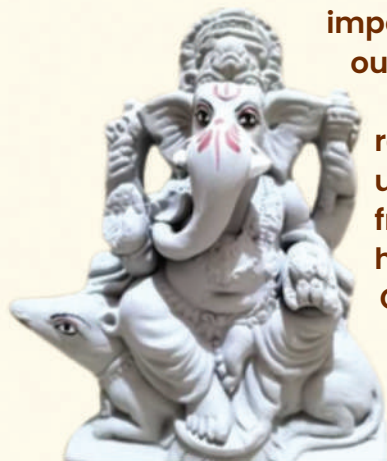
making a significant contribution to enhancing the town's beauty. On 28 June 2026, Prime Minister Narendra Modi highlighted the initiative in the 135th episode of his radio programme, 'Mann ki Baat'. He congratulated the sisters of Biaora and their associates for the initiative. This initiative has turned the concept of "waste to value" into reality, converting plastic waste into a useful resource.

What distinguishes Biaora's experience is not the technology of the eco-brick, which is simple and inexpensive, but the manner in which women turned a household nuisance into an instrument of civic transformation. By making plastic disposal a shared, visible, and dignified activity, the Paryavaran Premi Sanrakshan Samiti has shown how women-led local action, recognised on a national platform, can become a template for other towns seeking a cleaner and greener path forward.



This Ganesh Utsav, Vocal for Local

As Ganesh Utsav approaches, preparations begin months in advance, and so does an important choice: which idol will grace our homes and pandals this year?



Hon'ble Prime Minister, in a recent 'Mann ki Baat' address, urged citizens to choose idols made from Indian soil, shaped by the hands of local potters and artisans. Clay idols, unlike those made of Plaster of Paris, dissolve naturally in water after the rituals conclude, protecting our rivers and ponds from pollution.





This Ganesh Utsav, before bringing Bappa home, take a moment to ask: what is this idol made of, and whose hands made it?

This choice is more than an environmental one. Every clay idol bought from a local artisan supports a livelihood, keeps a traditional craft alive, and reflects the spirit of 'Vocal for Local'.







MAANN KI BAAAT

Media Scan

CALL FOR ACTION!

135th Edition

I urge all of you to share information about these schemes

[Pradhan Mantri Suraksha Bima Yojana, Pradhan Mantri Jeevan Jyoti Bima Yojana] with your families.

Please make an effort to ensure that the idol of Ganpati Bappa installed in your home, society, or neighbourhood is made from the soil of our own country and crafted by the hands of our own potters and local artisans.

water conservation is a must! We must save every single drop of rainwater. We cannot let the momentum of the 'Catch the Rain' campaign slacken in the slightest. So, I urge you specially: let us come together to save every drop of rain.

Bhupender Yadav @byadav01

Show translation

राजगढ़ में पिछले कुछ महीनों में सैकड़ों किलो plastic को recycle करके उनका बेहतर उपयोग किया गया है। यानी, जो plastic पहले सहर में प्रदूषण फैलाता था, आज वही इन बहनों के प्रयास से सहर की सुंदरता बढ़ाने में योगदान दे रहा है।

#MannKiBaat



Dharmendra Pradhan @dpradhan01

Show translation

केंद्रम संस्कृत विश्वविद्यालय, दिल्ली द्वारा Artificial Intelligence और Data Science जैसे आधुनिक क्षेत्रों में E.Tech की शुरुआत एक दूरदर्शी कदम है।

यह फल भारत की प्राचीन ज्ञान परंपरा और नई तकनीक के संगम को मजबूत करेगी, जिसे भारतीय भाषाओं के लिए नए AI समाधान विकसित करने और प्राचीन श्रेणी व पारंपरिकों के संरक्षण को नई दिशा मिलेगी।

परंपरा और तकनीक का यह मेल ज्ञान के भविष्य को और समृद्ध बनाएगा।

#MannKiBaat



G Kishan Reddy @gkishanreddy01

Tuned into Hon'ble Prime Minister Shri @narendramodi Ji's 135th episode of Mann Ki Baat along with the residents of Boudha Nagar, Hyderabad.

The Hon'ble Prime Minister's address was a reminder of the many inspiring initiatives shaping India's progress.

PM Modi highlighted the commendable efforts of Nalanda University in reconnecting India's ancient tradition of 'Shaastraarth' with the needs of the modern world, reviving a rich legacy of dialogue and intellectual exchange.

Hon'ble PM also spoke about the transformative impact of grassroots sporting initiatives that are empowering young talent across the country, while also emphasising how affordable social security schemes are providing families with financial protection and much-needed support during challenging times.

As Ganesh Utsav approaches, the Prime Minister urged citizens to celebrate responsibly by choosing eco-friendly clay idols crafted by local artisans, promoting both environmental sustainability and the livelihoods of our traditional craftsmen.

This episode of #MannKiBaat reflected a vision of an India that values its heritage, nurtures its youth, strengthens social security, and embraces sustainable practices for a brighter future.

Giriraj Singh @GirirajSingh01

Show translation

मन की बात: पीएम मोदी ने एविएशन और डिफेंस सेक्टर की आत्मनिर्भरता की सराहना की, बोले - 'आत्मनिर्भर भारत' अब हकीकत

moneycontrol.com/news/india/man...

via NaMo App



पीएम मोदी ने 'मन की बात' के हासिल एपिसोड में डिफेंस और एविएशन सेक्टर में भारत की तरक्की का जिक्र करते हुए कहा कि देश की आत्मनिर्भरता की कोशिशों के सच नतीजे दिख रहे हैं। उन्होंने भारत की बढ़ती मैन्युफैचरिंग और डिफेंस क्षमताओं के उद्घरण के और राय देते वही पहले 100% एविएशन, स्ट्रेटरी नेवल अफेयर्स और देश में विकास निवेशक हिलेस नौरी अंतर्बिंदों का जिक्र किया।

Hardeep Singh Puri @hardeepSPuri

Another Jan Andolan takes shape!

In the 135th edition of the unique #MannKiBaat program today, PM Shri @narendramodi Ji thanked the citizens for wholeheartedly responding to his appeal to curtail the use of petrol and diesel, using public transport where possible, and curtailing gold purchases.

Measures such as these are helping the nation conserve energy, saving on the energy import bill and overcoming the challenges arising out of the military conflict, involving many energy producing nations, that has impacted global supply chains.

The huge support from the citizens to PM's clarion call has also enabled India to maintain a steady flow of energy products at retail outlets and face the difficult phase with minimal price adjustments.

@PMOIndia @mannkiabaat @narendramodi Ji @modiarchive @themediatory @PIB_India @PetroleumMin @mygovindia @transformIndia @MIB_India @MCAIndia



Nitin Nabin @NitinNabin

Show translation

आज नई दिल्ली स्थित अपने आवास पर आदरणीय प्रधानमंत्री श्री @narendramodi जी के 'मन की बात' कार्यक्रम के 135वें संस्करण को भावपूर्ण मुक़ाबला एवं दिल्ली प्रदेश का पालिय के कर्मचारियों के साथ सुना।

प्रधानमंत्री जी ने इस अवसर पर आत्मनिर्भर भारत की बढ़ती शक्ति, स्ट्रेटरी रक्षा एवं विमानन क्षेत्र की उपलब्धियों, योग को वैश्विक प्रतिष्ठा, पर्यावरण संरक्षण, भारतीय ज्ञान परंपरा तथा शेकरा फॉर लीकल जैसे विषयों के माध्यम से राष्ट्र निर्माण में जनभागीदारी के महत्व को रेखांकित किया।

'मन की बात' देशवासियों के साथ प्रधानमंत्री जी के आजीव संवाद का ऐसा सशक्त माध्यम बन चुका है, जो समाज के परंपरावादी प्रयासों को नई पहचान देता है और प्रत्येक नागरिक को राष्ट्रहित में सकारात्मक योगदान के लिए प्रेरित करता है।

Dr Mansukh Mandaviya
@mansukhmandaviya

📺 [View translation](#)

गामों के Women Futsal League हमारे बेटों को अपनी प्रतिभा दिखाने का अवसर दे रही है।

-पीएम श्री @narendramodi जी

#MannKiBaat

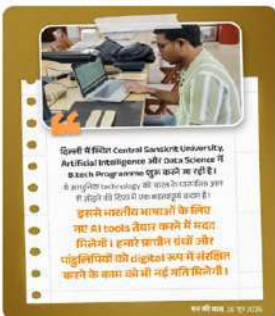


Ministry of Education
@EdMinIndia

Hon'ble Prime Minister Shri @narendramodi, in today's 'Mann Ki Baat', highlighted the launch of the **6.Tech** programme in Artificial Intelligence & Data Science at Central Sanskrit University as a significant step towards preparing youth for emerging technologies while keeping them connected to India's rich heritage.

The Prime Minister noted that the programme will integrate modern technology with India's traditional knowledge systems, support the development of AI tools for Indian languages, and accelerate the digitisation and preservation of ancient texts and manuscripts. He also conveyed His best wishes to Central Sanskrit University for this pioneering initiative.

#MannKiBaat #NEP2020 #CentralSanskritUniversity #IndianKnowledgeSystems



Yogi Adityanath
@yogiadityanath

📺 [View translation](#)

आदरणीय प्रधानमंत्री श्री @narendramodi जी ने आज @mannkibaat कार्यक्रम में आगामी गणेशोत्सव के दृष्टिगत देश भरियों से पर्यावरण संरक्षण, 'वोकाव फेर लोकर' और खेती के प्रति प्रेरक आह्वान किया है।

प्रधानमंत्री जी ने प्लास्टर ऑफ पेरिस (POP) के स्थान पर देश की मिट्टी से निर्मित भांगान की गणेश की मूर्तियों को अपनाने तथा स्वस्थ कुचनरी एवं चिन्मयकारी द्वारा निर्मित प्रतिमाओं को प्राथमिकता देने की अपील कर आभिनन्दन भरत के संकल्प को जन-जन से जोड़ने का कार्य किया है।

भाइयों, हम सभी इस गणेशोत्सव को पर्यावरण-अनुकूल, स्वदेशी और जनभागीदारी से परिपूर्ण उत्सव बनाने का संकल्प लेते।



Nitin Gadkari
@nitin_gadkari

📺 [View translation](#)

आज प्रयास करें कि आपके घर, सौसावरी या आसपास की जगहों पर गणपति बप्पा की जो मूर्ति स्थापित हो, वो हमारे देश की मिट्टी से बनी हो, वो हमारे अपने कुचनरी और स्वस्थ कलाकारों के हाथों तैयार हुई हो। जो लोग गणेश जी की मूर्तियाँ बनाते हैं, उनसे भी मेरा आग्रह है कि वे मिट्टी की मूर्तियों को प्राथमिकता दें, और जो लोग मूर्तियाँ खरीदते हैं, वे भी यह जरूर देखें, कि, गणपति बप्पा की मूर्ति किससे बनी है और किंचित देश में तैयार हुई है। Plaster of Paris से बनी मूर्तियाँ बिजुल ना खरीदें। साथियों, मिट्टी को मूर्तियाँ और पर्यावरण की रक्षा होती है। हमारी अस्थि भी बनी रहती है और प्रकृति के प्रति हमारा दायित्व भी पूरा होता है। जब हम स्वामीजी कारीगरों से मूर्ति खरीदते हैं, हम **#VocalForLocal** के संकल्प को मानकतु करते हैं। मुझे विश्वास है कि इस बार गणेश उत्सव में और ऐसे हर उत्सव में हम ऐसी सारी कार्यों पर जरूर गौरव से सोचें और देश-हित में कदम भी उठाएँगे। - प्रधानमंत्री श्री @narendramodi जी

#MannKiBaat



Piyush Goyal
@PiyushGoyal

📺 [View translation](#)

महाराष्ट्र के गांवों में एक परिवार ने अपनी बुद्धिमान बालिका के लिए ऐसा काम किया है, जो चर्चा का विषय बन गया है।

पहाड़ के बहादुरपुर गांव में पेंडकर परिवार ने अपने घर में मिठाई के अवसर पर गांव के लगभग 3,500 लोगों के लिए दुर्घटना बीमा की व्यवस्था की। हर व्यक्ति को एक लाख रुपये का बीमा कर दिया गया।

#MannKiBaat



Shivraj Singh Chouhan
@ChouhanShivraj

📺 [View translation](#)

मुझे मध्य प्रदेश के राजगढ़ जिले के ब्यारवा की कुछ बहनों के बारे में खबरने का अवसर मिला। उन्होंने अपने आस-पास फैले plastic कचरे को हटाने का संकल्प लिया। वे नहीं सोचा कि कोई आकर बदलाव लाएगा।

उन्होंने खुद श्रद्धा-भर से plastic कचरा और खाली बोतलों इकट्ठा करना शुरू किया। बीरे-बीरे से प्रयाग आगे बढ़ता गया औरोंपर उस plastic की eco-bricks में बदला जाने लगा।

- आदरणीय प्रधानमंत्री श्री @narendramodi जी

#MannKiBaat



ਵੱਖਰੀ : ਆਂਹ ਦਿਖਾਈ

क्या भी किया जाय

प्रधानमंत्री ने कहा कि इस बड़ा दुनिया के 2500 से अधिक स्थलों पर योग से जुड़े विभिन्न कार्यक्रम आयोजित किए गए, जबकि भारत में भी करोड़ों लोगों ने

अलग-अलग मन्त्रालयों पर योग कार्यक्रमों में भाग लिया। उन्होंने कहा कि आभारदायक हैं अमेरिका पहली विश्व योगामुल वैदिकमन्त्रालय की भी काफी राहत

रही। इस प्रतिष्ठापना में भारत ने कुल 114 पदक अपने नाम किए, जिसमें 102 स्वर्ण पदक शामिल रहे। इसी प्रदर्शन के तम पर भारत पदक तालिका में पहले

प्रधानमंत्री मोदी बोले- प्रवास्तिक कचरे से सार्वजनिक स्थानों को बनाया सफ़ा

[illegible][illegible]

PIONEER NEWS SERVICE
■ New Delhi

Stating that the C-295 aircraft has been made in India, he said, "As many as 40 such aircraft are being built right here in India, and this is giving new strength to MSMEs and the aerospace sector". It will also increase employment opportunities.

The prime minister said in June that the Defence Research and Development

The DRDO on June 15 conducted a successful flight-test of the IRLACM off the

During the broadcast, Modi also thanked citizens for heeding his appeal to avoid buying gold for some time, holidaying abroad and opening

Modi said Indian culture is reaching various corners of the globe, noting that in the

down, he said, adding that biologist Purnima Devi Barman witnessed this and resolved to change the misconceptions deeply rooted in people's minds.

जयकाष्ठ बहुरी
नई दिल्ली, 28 मई।



कृषि मंत्री डॉ. ह. ड. देथा ने कहा कि किसानों को अधिक लाभ देने के लिए सरकार ने कई योजनाएं शुरू की हैं।

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મોરબીના પુલ
જાણી મારાન પુલ
જે સેવા સમયે જાણ્યા છે જયારે
મરિ બનવાથી જિજ્ઞાસુ બન્યા
સેવકના કામો અને સેવાઓના
અભિવ્યક્તિ માટે સંસ્કાર કરવાની
વિધી, પાસું જોવા, સેવાગર અને
અન્ય મુદ્દાઓ વગેરે સેવાઓના
અભિવ્યક્તિ માટે સંસ્કાર કરવાની

પ્રજા અધિવાસી પણ હવે કેસીડ નેની કિલિમ
કે દરેક દેશમાંથી સર્વેશી આવી દેશે, આ સમયમાં
અને અત્યંત સમયમાં આને જોઈએથી છે”
સંતમતી કોચકાતમ્બે પોતાનાં પુત્ર અન્તીય નીકાલ
પણ દરતા આપ્યું છે, 1954-1955 નીકે; 1955 સર્વેશી
અને નીકાલનાં પોતાનાં પુત્ર દરતાનાં આપ્યું છે, આ કુળમાંથી
કેસીડ નેની કિલિમ નીકાલ નીકે, આ અન્તીય નીકાલ
કેસીડ નેની કિલિમ નીકાલ નીકે, આ અન્તીય નીકાલ
કેસીડ નેની કિલિમ નીકાલ નીકે, આ અન્તીય નીકાલ



Government is extending protective shield of insurance to crores of families: PM Modi in 'Mann Ki Baat'



मोदी बोले- भारत समुद्र से आकाश तक सुरक्षित: देश में 40 से ज्यादा C-295 विमान बनाए जा रहे, योग में भारत ने 114 पदक जीते



Mann Ki Baat: From missiles to manuscripts, PM Modi pitches a self-reliant India



Mann Ki Baat: Modi 'grateful to every citizen' for supporting austerity call



PM Modi praises Nagaland's grassroots football initiatives in Mann Ki Baat



Assam's 'Hargila Army' Gets Praise From PM Modi In Mann Ki Baat



ThePrint

मन की बात: प्रधानमंत्री मोदी ने आत्मनिर्भरता की दिशा में देश की उपलब्धियों की सराहना की



PM Modi Highlights Security, Self-Reliance
In Mann Ki Baat

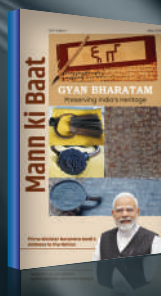
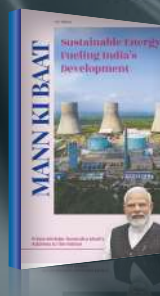
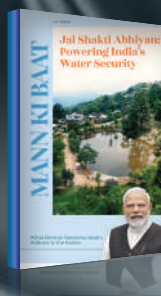
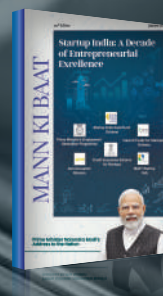
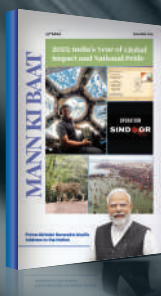
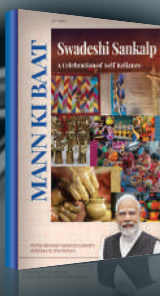
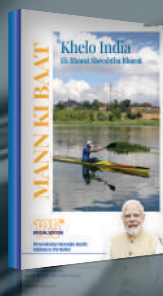
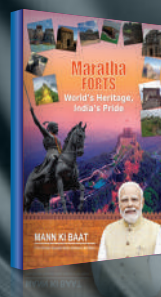
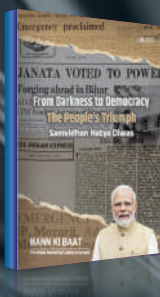
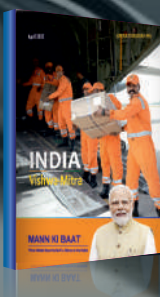
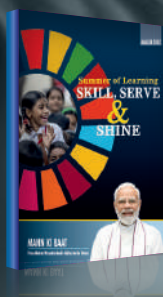


PM shines light on Assam biologist's conservation efforts in 'Mann Ki Baat'

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Mann ki Baat

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From the seas to the skies,
our India is becoming
increasingly secure and
self-reliant.

—Hon'ble Prime Minister Shri Narendra Modi



Ministry of Information and Broadcasting
Government of India