

DECEMBER 2022



INDIA

Surging Ahead

AMRIT KAAL 2022-2047



MANN KI BAAT

Prime Minister Narendra Modi's Address to the Nation

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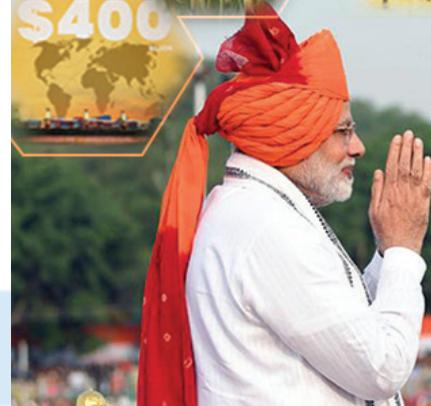


Prime Minister's Address

My dear countrymen, Namaskar

Today, we are coming together for the ninety-sixth (96th) episode of 'Mann ki Baat'. The next episode of 'Mann ki Baat' will be the first episode of the year 2023. In the messages sent by you, you have also urged to speak about the departing 2022. Observation of the past always gives us inspiration for preparations for the present and the future. In 2022, the strength of the people of the country, their cooperation, their resolve, their expansion of success was of such magnitude that it would be difficult to include all of those in

'Mann ki Baat'. 2022 has indeed been very inspiring, wonderful in many ways. This year India completed 75 years of her Independence and this very year 'Amrit Kaal' commenced. This year the country gained a new momentum, all the countrymen performed one better than the other. **The various successes of 2022, today, have created a special place for India all over the world. 2022 i.e., India attaining the status of the world's fifth largest economy; 2022, i.e., the record of India surpassing the incredible figure**



Amrit Kaal

Propelling the Dreams of New India



of 220 crore vaccines; 2022 i.e., India crossing the magical exports figure of 400 billion dollars; 2022 i.e., adopting the resolution of 'Self-reliant India' by the people, enlivening it; 2022 meaning welcoming India's first indigenous Aircraft Carrier INS Vikrant, 2022 meaning India's glory in Space, Drone and Defence Sector, 2022 meaning India's might in every field. Even in the field of sports, be it the Commonwealth Games, or the victory of our women's hockey team, our youth have shown tremendous potential.

Friends, along with all this, the year 2022 will always be remembered for one more

reason. This is the extension of the spirit of 'Ek Bharat-Shreshtha Bharat'. The people of the country also organized many amazing events to celebrate unity and togetherness. Be it the Madhavpur Mela in Gujarat, where Rukmini's marriage, and Lord Krishna's relationship with the Northeast celebrated, or the Kashi-Tamil Sangamam, many colours of unity were visible in these festivals. In 2022, the countrymen have scripted another chapter of immortal history. Who can forget the 'Har Ghar Tiranga' campaign organised in the month of August! Those were



the moments giving every countryman goosebumps. In this campaign of 75 years of Independence, the whole country assumed the hues of the tricolour. More than 6 crore people even sent selfies with the tricolour. This Azadi Ka Amrit Mahotsav will continue in the same way next year as well – it will further strengthen the foundation of 'Amrit Kaal'.

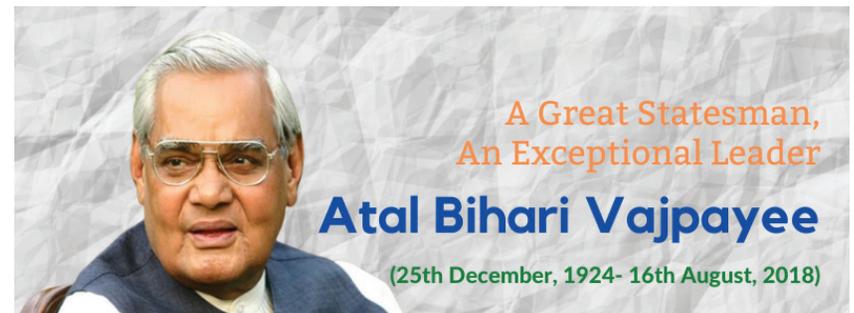
Friends, this year India has also got the responsibility of chairing the G20 group. I had also discussed this in detail last time. In the year 2023, we have to take the enthusiasm of G20 to new heights; make this event a mass movement.

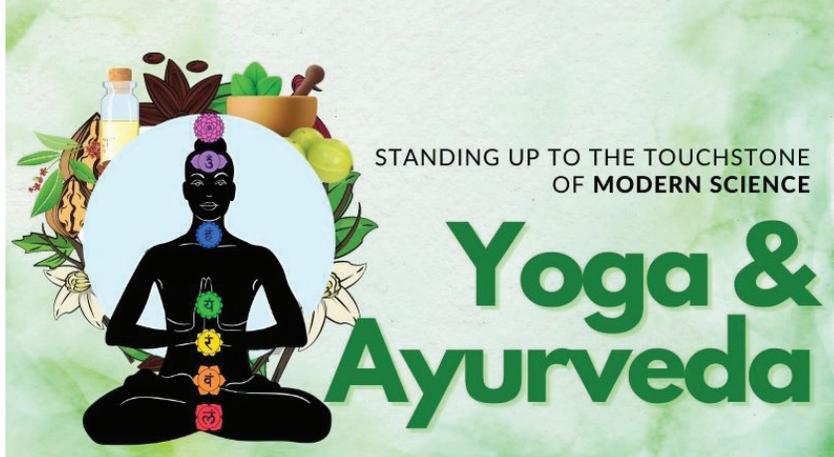
My dear countrymen, today the festival of Christmas is also being celebrated with great fervour all over the world. It is a day to remember the life and teachings of Jesus Christ. I wish you all a Merry Christmas.

Friends, today is also the birthday of our respected Atal Bihari Vajpayee ji. He was a

great statesman who gave exceptional leadership to the country. He has a special place in the heart of every Indian. I have received a letter from Aastha ji from Kolkata. In this letter, she has mentioned about her recent visit to Delhi. She writes that during this, she took time out to visit the PM Museum. She liked Atal ji's gallery very much in this museum. The picture clicked there with Atal ji has become memorable for her. In Atal ji's gallery, we can have a glimpse of his valuable contribution to the country. Be it infrastructure, education or foreign policy, he strove to take India to new heights in every field. I once again solemnly bow to Atal ji from the core of my heart.

Friends, tomorrow, the 26th of December is 'Veer Baal Diwas' and I will have the privilege of participating in a programme dedicated to the martyrdom of Sahibzada Zorawar Singh ji and Sahibzada Fateh Singh ji in Delhi on this occasion. The country will





always remember the sacrifice of Sahibzade and Mata Gujri.

My dear countrymen, it is said here –

सत्यम् किम् प्रमाणम्, प्रत्यक्षम् किम् प्रमाणम्।

That is, truth does not require proof, what is evident also does not require proof.

But when it comes to modern Medical Science, the most important thing is – Evidence. Lack of evidence-based research in the context of our scriptures like Yoga and Ayurveda has always been a challenge which has been a part of Indian life for centuries—results are visible, but evidence is not. But I am happy that in the era of evidence-based medicine, Yoga and Ayurveda are now standing up to the touchstone of tests of the modern era. All of you must have heard about the Tata Memorial Center in Mumbai. This institute has earned a name for

itself in Research, Innovation and Cancer care. **An intensive research done by this center has revealed that yoga is very effective for breast cancer patients. Tata Memorial Center has presented the results of its research in the very prestigious Breast cancer conference held in America. These results have attracted the attention of the world's biggest experts because Tata Memorial Centre has conveyed with evidence how patients have benefited from Yoga. According to the research of this center, regular practice of yoga has reduced the risk of recurrence and death of breast cancer patients by 15 per cent. This is the first example of Indian traditional medicine being tested vis-a-vis the stringent standards of Western methods. Also, this is the first study, in which yoga has been found to improve the quality of life in women affected by breast cancer. Its long-term**

benefits have also come to the fore. The Tata Memorial Center has presented the results of its study at the European Society of Medical Oncology conference in Paris.

Friends, in today's era, the more evidence-based Indian medical systems are, the more their acceptance will increase in the whole world. With this thought, an effort is also being made in Delhi's AIIMS. Here, the Center for Integrative Medicine and Research was established six years ago to validate our traditional medical practices. Latest modern techniques and research methods are used in this. The Centre has already published 20 papers in reputed international journals. **A paper published in the Journal of the American College of Cardiology describes the benefits of yoga for patients suffering from syncope. Similarly, in a paper of**

Neurology Journal, the benefits of yoga in migraine have been explained. Apart from these, studies are being done regarding the benefits of yoga in many other diseases as well, like heart disease, depression, sleep disorder and problems faced by women during pregnancy.

Friends, a few days ago I was in Goa for the World Ayurveda Congress. Delegates from more than 40 countries participated in it and more than 550 scientific papers were presented here. Around 215 companies from around the world including India displayed their products in the exhibition here. In this expo which went on for four days, more than one lakh people enjoyed their experience related to Ayurveda. Even in the Ayurveda Congress, I reiterated the point for evidence-based



research to the Ayurveda experts gathered from all over the world. The way we all are seeing the power of Yoga and Ayurveda in this time of the Corona global pandemic, evidence-based research related to these will prove to be very significant. I also urge you that if you have any information about such efforts related to Yoga, Ayurveda and our traditional treatment methods, then do share them on social media.



to elders. But with everyone's efforts, this disease named 'Kala Azar' is now getting eradicated rapidly. Till recently, the scourge of Kala Azar had spread in more than 50 districts across 4 states. But now this disease is confined to only 4 districts of Bihar and Jharkhand. I am sure, the strength and awareness of the people of Bihar-Jharkhand will help the Government's efforts to eliminate 'Kala Azar' from these four districts as well. I also urge the people of 'Kala Azar' affected areas to keep two things in mind. One is - control of sand fly, and second, diagnosis and complete treatment of this disease as soon as possible. The treatment of 'Kala Azar' is easy; the medicines used for this are also very effective. You just have to be alert. Do not be negligent if you have fever, and also keep spraying medicines that kill the sand fly. Just think, when our

country will be free from 'Kala Azar', it will be a matter of joy for all of us. In this spirit of Sabka Prayaas, we are also working towards eradication of T.B. in India, by 2025. You must have seen, in the recent past, when the T.B. Mukh Bharat campaign started, thousands of people came forward to help the T.B. patients. These people, as Nikshay Mitras, are taking care of the patients, helping them financially. This power of public service and public participation achieves every difficult goal with certainty.

My dear countrymen, our tradition and culture have an unbreakable connection with Ma Ganga. Ganga water has been an integral part of our way of life and it is also said in our

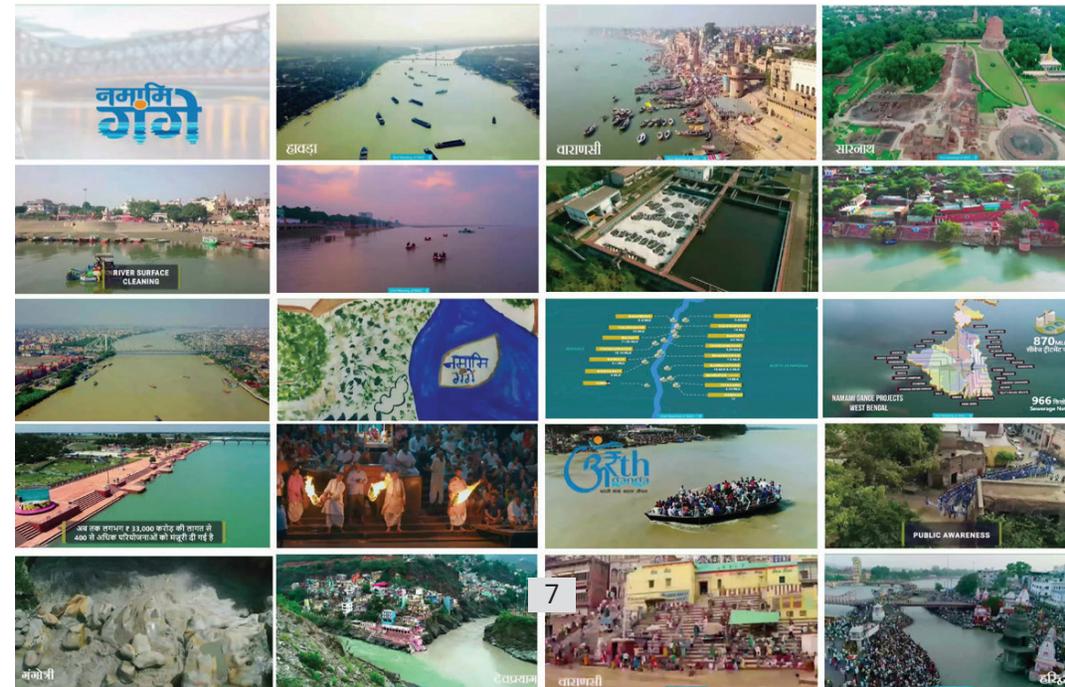
scriptures:

नमामि गंगे तव पाद पंकजं,
सुर असुरैः वन्दित दिव्य रूपम्।
भुक्तिम् च मुक्तिम् च ददासि नित्यम्,
भाव अनुसारेण सदा नराणाम्॥

Meaning, O Mother Ganga! You bestow worldly happiness, bliss and salvation on your devotees according to their wishes. All worship your holy feet. I also offer my salutations at your holy feet. Amid that, it is a big responsibility of all of us to keep clean Mother Ganges that has been flowing for centuries. With this objective, eight years ago, we started the 'Namami Gange Campaign'. It is a matter of pride for all of us that, today, this initiative of India is getting appreciation from all over the world. The United Nations has included

My dear countrymen, in the last few years we have overcome many major challenges related to the health sector. Full credit for this goes to the willpower of our medical experts, scientists and countrymen. We have eradicated diseases like Smallpox, Polio and 'Guinea Worm' from India.

Today, I would like to tell the listeners of 'Mann ki Baat' about another challenge, which is now about to end. This challenge, this disease is 'Kala Azar'. The parasite of this disease is spread through the sting of the sand fly. When someone has 'Kala Azar', one has fever for months, there is anaemia, the body becomes weak and the weight also decreases. This disease can happen to anyone from children





the 'Namami Gange' mission in the world's top ten initiatives to restore the ecosystem. It is even more heartening that 'Namami Gange' has received this honour among 160 such initiatives from all over the world.

Friends, the biggest source of energy behind the 'Namami Gange' campaign is the continuous participation of the people. In the 'Namami Gange' campaign, Ganga Praharis and Ganga Doots also have a big role to play. They are engaged in spreading awareness through planting trees, cleaning ghats, Ganga Aarti, street plays, painting and poems. A lot of improvement is also being seen in biodiversity due to this campaign. There has been a significant increase in the number of different species of Hilsa fish, Gangetic dolphin and turtles. With Ganga's

ecosystem being clean, other livelihood opportunities are also increasing. Here, I would like to discuss the 'Jalaj Ajeevika Model', which has been prepared keeping biodiversity in mind. This tourism-based Boat Safari has been launched at 26 locations.

Obviously, the spread of the 'Namami Gange' mission, its scope, has increased much more than the cleaning of the river. Whereas this evidence is direct proof of our willpower and tireless efforts, on the other hand, it is also going to show a new path to the world in the direction of environmental protection.

My dear countrymen, when the power of our resolve is strong, even the biggest challenge becomes easy. The example of this has been set

by Sange Sherpa ji of Thegu village of Sikkim. For the last 14 years, he is engaged in the work of environmental protection at an altitude of more than 12,000 feet. Sange ji has taken up the task of keeping clean the Tsomgo (Somgo) lake that is of cultural and mythological importance. With his untiring efforts, he has changed the look and feel of this glacier lake. When Sange Sherpa ji started this campaign of cleanliness in the year 2008, he had to face many difficulties. But within no time, along with the youth and villagers, the panchayat also started offering full support in this noble work. Today, if you go to see the Tsomgo lake, you will find huge garbage bins all around there. Now, the garbage collected here is sent for recycling. Garbage bags made of cloth are also given to the tourists coming here so that the

garbage is not strewn around. Now, about 5 lakh tourists reach here every year to see this very clean lake. **Sange Sherpa has also been honoured by many organizations for this unique effort to conserve Tsomgo (Somgo) lake. Due to such efforts, today, Sikkim is counted among the cleanest states of India. Along with Sange Sherpa ji and his colleagues, I also heartily appreciate the people engaged in the noble effort of environmental protection across the country.**

Friends, I am happy that the 'Swachh Bharat Mission' has become firmly rooted in the mind of every Indian today. Since the inception of this mass movement in the year 2014, to take it to new heights, many unique efforts have been made by the people.

These efforts are being made not only within the





society but also on part of the Government. The result of these continuous efforts is that– due to the removal of garbage, removal of unnecessary items, a lot of space opens up in the offices, new space is available. Earlier, due to lack of space, offices had to be maintained on rent at far off places. These days, due to this cleanliness, so much space is available, that, now, all the offices are converging at one place. **In the past, even the Ministry of Information and Broadcasting also made a lot of effort in its offices in Mumbai, Ahmedabad, Kolkata, Shillong in many cities and because of that, today they have two, three floors, available completely in usage anew. Due to this cleanliness in itself, we are getting the best experience of optimum utilizations of our resources. In the society as**

well as in the villages, cities and even in the offices; even for the country, this campaign is proving useful in every way.

My dear countrymen, a new awareness is dawning in our country about our art and culture, a new consciousness is awakening. In 'Mann ki Baat', we often discuss such examples. Just as art, literature and culture are the collective capital of the society, in the same way, it is the responsibility of the whole society to take them forward. One such successful effort is being made in Lakshadweep. There is a club on Kalpeni Island– Kummel Brothers Challengers Club. This club inspires the youth to preserve the local culture and traditional arts. Here, the youth are trained in the local art Kolkali, Parichakali, Kilipaata and traditional songs.

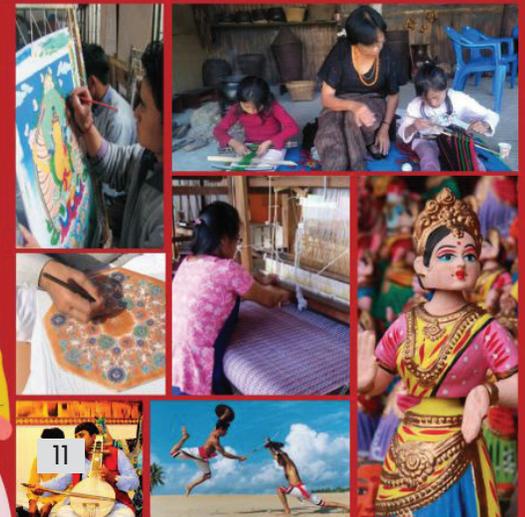
That is, the old heritage is being protected in the hands of the new generation, and moving forward and friends, I am happy that such efforts are being made not only in the country but also abroad. Recently, news came in from Dubai that the Kalari club there has registered its name in the Guinness Book of World Records. Anyone could think that if Dubai's club set a record, what is its relation with India? Actually, this record is related to Kalaripayattu, the ancient martial art of India. This record is for the performance of Kalari by the maximum number of people simultaneously. Kalari club, Dubai together with Dubai Police, planned this and displayed it on the National Day of UAE. **In this event, people ranging from 4 years old children to 60 year olds showed their best ability of Kalari. This is a wonderful example of how different generations are carrying**

forward an ancient tradition, with full inner enthusiasm.

Friends, I would also like to inform the listeners of 'Mann ki Baat' about 'Quemashree' ji, who lives in Gadak district of Karnataka. In the South, 'Quemshree' has been continuously engaged for the last 25 years in the mission of reviving the art-culture of Karnataka. You can imagine how great his Tapasya is! Earlier, he was associated with the profession of Hotel Management. But, his attachment to his culture and tradition was so deep that he made it his mission. He created a platform by the name of 'Kala Chetna'. This platform, today, organizes many programs of artists from Karnataka and from India and abroad. In this, many innovative endeavours are also undertaken to promote local art and culture.

Friends, this enthusiasm of

Pride in Our Heritage





the countrymen towards their art and culture is a manifestation of the feeling of 'pride in our heritage'. In our country, there are so many such colours scattered in every corner. We should also work continuously to adorn and preserve them.

My dear countrymen, many beautiful and useful things are made from bamboo in many areas of the country. There are skilled bamboo artisans, skilled artists, especially in tribal areas. Ever since the country changed the British-era laws related to bamboo, a huge market has developed for it. Even in areas like Palghar in Maharashtra, tribal people make many beautiful products from bamboo. Things like boxes, chairs, teapots, baskets, and trays made of bamboo are becoming very popular. Not only this, these

people also make beautiful clothes and decorations from bamboo grass. This is also providing employment to tribal women and their talent is also getting recognition.

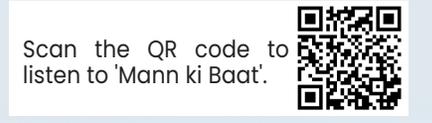
Friends, a couple from Karnataka is sending many unique products made from betel nut fiber to the international market. This is a couple from Shivamogga in Karnataka – Shriman Suresh and his wife Shrimati Maithili. These people are making many decorative things ranging from trays, plates and handbags from betel nut fiber. Chappals made of this fiber are also being liked a lot today. Today, their products are being sold in London and other markets of Europe. This is the very quality of our natural resources and traditional skills, which is being liked by everyone. **In this traditional knowledge of**

India, the world is looking at ways of a sustainable future. We ourselves also need to be more and more aware in this direction. We ourselves should use such indigenous and local products and gift them to others as well. This will also strengthen our identity, strengthen the local economy, and, in large numbers, brighten the future of the people.

My dear countrymen, now we are slowly moving towards the unprecedented milestone of the 100th episode of 'Mann ki Baat'. I have received letters from many countrymen, in which they have expressed great inquisitiveness about the 100th episode. I would like it if you send me your suggestions for what we should talk about in the 100th episode and how to make it special. Next time we will meet in the year 2023. I

wish you all the best for the year 2023.

May this year also be special for the country, may the country keep touching new heights, and together we have to take a resolution as well as make it come true. At this time many people are also in the mood for holidays. Enjoy these festivals a lot, but be a little cautious too. You are also seeing that Corona is increasing in many countries of the world, so we have to take more care of precautions like using mask and washing hands. If we are careful, then we will also be safe and there will be no hindrance in our enjoyment. With this, once again many best wishes to all of you. Thank you very much, Namaskar.





MANN KI BAAT

Special Mentions by Prime Minister



Amrit Kaal

Road Ahead Towards a 'Viksit Bharat'

“2022 has indeed been very inspiring, and wonderful in many ways. This year India completed 75 years of her independence and this very year 'Amrit Kaal' commenced. This year the country gained a new momentum, all the countrymen performed one better than the other. The various successes of 2022, today, have created a special place for India all over the world.”

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

The Prime Minister has given the mantra of 'Amrit Kaal', a quarter-century period in which India must strive to assume the status of a civilisational, global power, recognised for her ability to do things differently. 'Amrit Kaal' stretches from the 75th year of India's Independence to the centenary of its freedom in 2047. 'Amrit Kaal' is not only a vision for a 'New India' but a period which is crucial, defining and holds within itself infinite possibilities and scope.

It is during this phase that our actions, endeavours, cooperation and collaborations, shape and define the India of our aspirations and that of those countless heroes who struggled for its freedom.

India completed 75 years of its Independence, celebrating its glorious history as 'Azadi Ka Amrit Mahotsav'. With that, comes the humongous responsibility of resolutely moving towards realising the very ideals that activated and drove its struggle for freedom; the responsibility of turning the dreams of our forefathers into reality, and building a progressive, modern and developed India.

The leaders of our freedom movement had aspired for

India to be free and to re-position itself as a superpower in the world. Today, as we move towards the golden era of *azadi*, we derive from their ideals, the vision of 'New India'; an India conscious of its cultural and spiritual strength, driven by the virtue of unity in diversity; an India capable of perfecting its potential and imparting to the world new ideas, new thought and new discoveries; an India which promotes its national interests; an India that offers a new vision of cooperation and governance; an India that displays an independent spirit and re-defines self-reliance.

'Amrit Kaal' is, thus, the era of fulfilling these aspirations and laying the groundwork for a stronger, self-reliant 'New India'.

'Amrit Kaal' in Vedic terminology signifies the perfect time to start a new phase. Thus, making it perfect and most auspicious time to envision the course of action for India for the next 25 years, which will also be a determinant of the future of the nation, its youth and its people.

As pivotal as it is to create a

blueprint for the future, it is also essential to acknowledge the year 2022, the year the nation gained new momentum and secured a powerful spot on the global front, harbingering an iconic start to the 'Amrit Kaal'.

Development has been a cross cutting theme for India in the past few years. The nation has reached soaring heights, be it in the field of sports or startups. Developments in the health, technology, space, and defence sectors have been multifold. From India attaining the status of the world's fifth largest economy to India surpassing the incredible figure of 220 crore COVID-19 vaccines; from India crossing the magical exports figure of 400 billion dollars to adopting the resolution of 'Self-reliant India' by the people enlivening it; from India welcoming its first indigenous Aircraft Carrier INS Vikrant to India's glory in space, drone and defence sector; 2022 has displayed India's might in every field and facet of development.

India is continually treading the upward trajectory when it comes to inclusive growth and



"The year 2022 marks a significant milestone in the journey of India as a strong self-reliant nation as seen in the progress achieved in multiple fields. It signifies the beginning of 'Amrit Kaal' envisioned by Prime Minister Narendra Modi for building a New India" by 2047."

– M. Venkaiah Naidu
Former Vice President of India

social sector development. The spirit of 'Ek Bharat Shreshtha Bharat' coupled with the mass community participation has successfully scripted a chapter of immortal history with a campaign as massive as 'Har Ghar Tiranga' in the 75th year of its Independence.

Emerging as the largest and most diverse democracy, India is now creating history as the G20 presidency, furthering its democratic ethos and vision of 'Vasudhaiva Kutumbakam' to the world.

The India of today has set the stage for advancements across a wide spectrum, and a multi-pronged action of national progress is visible. And now, the India that is preparing itself in 'Amrit Kaal', is gearing up to usher in more developments with greater zeal, and at a greater magnitude.

As the Hon'ble Prime Minister exclaimed, in his address to the nation on August 15, 2022 from the ramparts of Red Fort, "In this 'Amrit Kaal', our goal is to work towards a Viksit Bharat", he ascertained that 'Amrit Kaal' is an era of duties and development for every Indian.

While preparing the roadmap for 'Amrit Kaal', he spelt out the five pledges or 'Panch Pran' of 'Amrit Kaal' which shall lay the unshakable foundations of a 'New India'.

With this, 'Amrit Kaal' offers a collective opportunity to realise the Prime Minister's vision and call for transforming India and propelling it to the status of a



PANCH PRAN

1. **Creating a Viksit Bharat**
2. **Unity and togetherness for Ek Bharat, Shreshtha Bharat**
3. **Pride in our glorious heritage**
4. **Fulfilling duties as citizens**
5. **Getting rid of colonial mindset**

superpower by the time the nation commemorates the centenary of *Swaraj*.

The process of transforming and building the nation is incomplete without 'Jan Bhagidari' or the participation of its people. The year 2022 witnessed an unwavering spirit of 'Jan Bhagidari', with participation from every Indian across the lengths and breadths of the nation, especially the youth. As 'Azadi Ka Amrit Mahotsav' created an atmosphere of patriotic zeal in the country, the contribution of every citizen turned every movement into a mass movement. 'Jan Bhagidari' will therefore remain the cornerstone of national success during 'Amrit Kaal'.

Keeping the ideals of our visionary ancestors alive, and fulfilling the goals of our aspirational society, 'Amrit Kaal' is indeed the era of strengthening the foundation of a Viksit and Atmanirbhar Bharat.



SOLAR ENERGY
POWERING INDIA'S FUTURE

INDIA'S GROWING STRIDE IN-SPACE:
A LIMITLESS SKY FOR THE YOUTH

GLOBAL LAUNCH OF MISSION LIFE
LIFESTYLE FOR ENVIRONMENT

Indian Drone Industry
Flying Beyond the Obstacles

CHEETAH IS BACK!

Namami Gange
Reviving the river for 52 crore people

Yoga & Ayurveda
STANDING UP TO THE TOUCHSTONE OF MODERN SCIENCE

JAI ANUSANDHAN
Making this Decade the Techade of India

DIGITAL INDIA
Catalyzing New India's Techade

Prime Minister's Vision of 'Amrit Kaal'

A Giant Leap Towards the Re-emergence of Bharat as Vishwaguru



M. Venkaiah Naidu

Former Vice President of India

The year 2022 marks a significant milestone in the journey of India as a strong self-reliant nation as seen in the progress achieved in multiple fields. It signifies the beginning of 'Amrit Kaal' envisioned by Prime Minister Narendra Modi for building a 'New India' by 2047. The 'Azadi Ka Amrit Mahotsav' celebrations across the nation commemorating 75 years of Independence in diverse domains in the spirit of 'Jan Bhagidari', seek to showcase India's achievements over these 75 years, while laying the roadmap for the future.

In his Independence Day address, the Prime Minister outlined his vision of making India a fully developed nation by 2047 quite aptly, through five pledges or resolves—'Panch Pran'. They are: 1. Moving forward with a firm resolve of a developed India, 2. Removing any trace of a colonial mindset, 3. Taking pride in our

roots, 4. Strengthening the unity of the nation and 5. Fostering a sense of duty among all citizens.

India assuming G20 Presidency in December 2022 is one of the major high points of its growth trajectory in recent years as an important world leader. G20 Presidency is a major responsibility and also a reflection of the world's confidence in India. While assuming the Presidency of G20, India aptly proclaimed its vision of 'Vasudhaiva Kutumbakam' to promote a universal sense of oneness through the over-arching theme of 'One Earth, One Family, One Future'.

Let us look at other indicators that map India's extraordinary development journey. The year 2022 saw India emerge as the fifth-largest economy in the world. The nation's economic growth is also reflected in the highest-ever annual FDI inflow of 83.57 billion US dollars in 2021-22 and reaching the milestone of 400 billion US dollars in exports. Meanwhile, by the end of November 2022, the digital payment scenario changed dramatically to Rs. 11.90 lakh crore, coming as a boon, especially to street vendors and other small users.

On the agricultural front, the Indian farmer continues to contribute to the growth of the nation's economy. For instance, food grain production has increased to 315.72 million tonnes in December 2022 (as per 4th advance estimates) which is the highest ever recorded. Today, India stands second in the production of wheat as well as

rice, globally.

Following the outbreak of Coronavirus, our vaccine manufacturers rose to the occasion to save lives, as did our doctors, paramedical workers and support staff of our vast healthcare network. Over 220 crore vaccine doses have been administered across the country in a record time to contain the threat of COVID-19.

Ayushman Bharat which was launched in September 2018 to cover the medical treatment of millions of the underprivileged, gained momentum in 2022, with over 1.3 crore cards issued under the scheme in December alone.

The launch of 5G services by the Prime Minister in October, 2022 is a giant leap at revolutionising the communications landscape placing India among major powers on the global stage.

If we were to take a cursory look at the surging entrepreneurial spirit of a resurgent 'New India', with over 86,000 start-ups, the Start-Up India initiative, launched in 2016 for building a strong ecosystem to nurture innovation and start-ups in the country, has clearly been a runaway success.

India took another big step towards *Atmanirbharta* in the space sector when the first rocket built by the country's private sector, 'Vikram-S' took off on November 18, 2022. Our strides in the strategic domain of defence are exemplified by the launching of India's first indigenous aircraft

carrier, INS Vikrant.

Responding to Prime Minister Narendra Modi's call in August, of 'Har Ghar Tiranga', the tricolour was seen fluttering in millions of homes across the country mirroring a heart-warming sense of oneness and unity. A number of events across the nation, fostering a sense of common identity and promoting national integration, including Kashi-Tamil Sangamam showcased the concept of 'Ek Bharat, Shreshtha Bharat'.

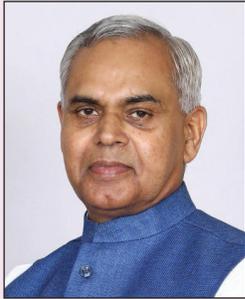
The year 2022 also saw the launch of a flagship programme to promote a sustainable lifestyle across the globe, Mission LIFE by Prime Minister Narendra Modi. Importantly, the central elements of Mission LIFE to address climate change were mentioned in the cover decision of the Sharm El Sheikh Implementation Plan of COP 27.

Therefore, the year 2022, as seen here from the strides made in a handful of chosen domains, illustrates the development trajectory of a resurgent Bharat stepping into 'Amrit Kaal' and marching towards its rightful place in the comity of nations as a powerful global player.

Scan the QR code to listen to the former Vice President of India, M. Venkaiah Naidu talking about the Prime Minister's vision of 'Amrit Kaal'.



Self-reliant Farmer, Self-reliant India through Natural Farming



Acharya Devvrat
Governor, Gujarat

India has completed 75 years of Independence and is set to enter the 'Amrit Kaal'. Today, India is moving ahead under the visionary leadership of Prime Minister Narendra Modi. With the mantra of 'Sabka Saath, Sabka Vikas', the nation has combined the power of people with progress. Today, by becoming the fifth-largest economy in the world, the country is moving towards the development goal of a self-reliant India with the resolve of Samarth Bharat- Sashakt Bharat.

India will celebrate the centenary year of its Independence in 2047. By reiterating the determination of 'Ek Bharat, Shreshtha Bharat' through five vows or the 'Pranch Pran' from the ramparts of the Red Fort, the Prime Minister has inspired the citizens of the nation

to enter this new era of 'Amrit Kaal' with greater vigour and zeal. The pledge of making a developed India by 2047, such as liberation from the mentality of slavery, having pride in our heritage, unity and solidarity and the duties of the citizens, has inspired every Indian to build a great nation.

To build a developed India in this 'Amrit Kaal', we must also take a pledge to get rid of the slavery of using chemicals in agriculture and make the Indian agriculture sector self-reliant. Today, the whole world is suffering due to the side effects of chemicals used in agriculture. The experts believe that chemicals used in agriculture are responsible for 24% of global warming. In fact, the fertile land of India is turning barren due to the reckless use of chemical fertilizers. The Government of India bears a financial burden of around two lakh crore rupees each year pertaining to chemical fertilizers and pesticides. By consuming food items contaminated by chemicals used in agriculture, people often end up suffering from incurable diseases like cancer and diabetes. Natural farming is, thus, an efficient way to get rid of all these problems. Natural farming will also protect the indigenous cows and the soil, and farmers will become prosperous.

A self-reliant farmer is necessary to build a self-reliant India and natural farming is the most efficient option to attain

self-reliance for farmers. With the dung and urine of just one indigenous cow, a farmer can extend natural farming to over 30 acres of land. Jeevamrit and Ghanjeevamrit made from a mixture of native cow's dung, urine, gram flour, jaggery and soil, increase the population of land-friendly micro-organisms and earthworms which, in turn, can increase the fertility of the land.

When I was the governor of Himachal Pradesh, I used to visit the farms of our farmers and gardeners. I inspired 50 farmers to take up natural farming. Today, there are one and a half lakh farmers who are practising natural farming. In Gujarat, we motivated about three lakh farmers to do natural farming and today, the Dang district of the State has been declared a purely Natural Farming District. In the recent past, I travelled to Uttar Pradesh, Madhya Pradesh, Maharashtra, Goa, and Haryana

to motivate the farmers to adopt natural farming. A huge number of farmers from Andhra Pradesh have also undertaken natural farming.

By following the principles of bijamrit, jeevamrit, ghanjeevamrit, aachhadan, vapsa and multi-cropping and following natural farming with holistic methods, the farmers can ensure the productivity of their land. Healthy agriculture products procured from natural farming will protect people's health. The land, water and environment will be protected. Natural farming will also promote the rearing of indigenous cows and it will reduce farming expenses and increase production. The farmers will get proper prices for their crops, which will make them prosperous. This one change will bring many benefits. As we move towards the 'Amrit Kaal', we need to pledge that by adopting natural farming, we will contribute to building a developed Atmanirbhar Bharat.



The Route to Make Indian Economy Self-reliant



Dr. Arvind Panagariya
Indian Economist

2022 was a watershed year for India, in which the country became the world's fifth-largest economy, surpassing the United Kingdom. India also emerged as the world's fastest-growing economy and promises to remain so as it steadily moves towards becoming the world's third-largest economy in the next five years. 2022 was also the year in which the country crossed the 2 billion COVID-19 jobs mark and paved the way for the Indian diaspora like myself to be able to resume their frequent visits yet again after a lapse of two-plus years.

As India moves into the new era of 'Amrit Kaal', the change in the next 25 years will, undoubtedly, be far, far bigger than in the past 75 years. The key factors in this are a very substantial base of the economy, a significant degree

of integration into the global economy that we have achieved in the past twenty years and the impressive digital infrastructure that Prime Minister Narendra Modi has built in the past five years. In the years to come, we must focus on building and modernizing our cities, dramatically improving our educational institutions at all levels, creating a world-class health and transportation infrastructure and providing a business-friendly economic environment.

Even amidst the alleged polycrisis that the world is facing, in the Indian context, recession and other challenges posed by the global economy, are the least of my worries. The global economy is extremely large and any single economy willing to set its house in order can take advantage of it. Vietnam and, among larger economies, India offer the latest examples. Even with COVID-19 raging, the world merchandise trade grew from its \$19 trillion pre-pandemic peak to \$22 trillion in 2021. If we could raise our share in world trade from 1.7% currently to 8% by 2047, we would efficiently accomplish our goal of turning India into a developed economy.

Our long-term strategy must be to keep our confidence and optimism high and stay the course by enhancing our cities, educational institutions,

health and transportation infrastructure and providing a business-friendly environment.

India is also well-placed on both food and energy security sectors which are rightly among our foremost policy goals. We have made impressive progress in solar and wind energy. But in addition to this, we must focus on Green Hydrogen and millets-based nutrition in order to proclaim absolute victory in this domain.

A robust and highly accessible digital infrastructure, of which digital payments system, data democracy are a part of, has been a major accomplishment of India in recent years. We are now in a good place to build on this infrastructure as new developments in areas such as AI sweep through the world. The advent of the digital and AI age could not have come at a more opportune time for India. The young are the best placed to

exploit these technologies and India, fortunately, has them in larger numbers. In the coming years, we must not just be a part but a leader of this change.

Another important aspect from the economic point of view, is that we must let imports flow freely. To pay for those imports, we will automatically export. We must lower the barriers to trade and join like-minded countries in free trade agreements.

Lastly, I cannot emphasize enough on the fact that we need to return to liberalizing our economy. No nation has achieved 8 to 10% growth without opening the economy thereby embracing globalization.

This must be the way forward for India to march forward into the 'Amrit Kaal' and attain the true status of self-reliance in the economic sector.

Scan the QR Code to know more about the Indian Economy from Dr. Arvind Panagariya



KASHI TAMIL SANGAMAM



UPHOLDING THE SPIRIT OF 'EK BHARAT, SHRESHTHA BHARAT'



ABOUT KASHI-TAMIL SANGAMAM

To rediscover, reaffirm and celebrate the age-old links between the Tamil culture and Kashi (Varanasi) that has existed for centuries, a month-long "Kashi Tamil Sangamam" was organized in Varanasi (Kashi) from 17th November to 16th December, 2022, during which academic exchanges, such as seminars and discussions were held between experts/scholars on various facets of the two ancient manifestations of Indian culture, with a focus on bringing out the links and shared values between the two.

OBJECTIVES OF KASHI-TAMIL SANGAMAM



KEY FEATURES

As part of the 'Azadi Ka Amrit Mahotsav', Kashi-Tamil Sangamam aimed to further strengthen the common experience, appreciation, and bonds amongst the people of Tamil Nadu and Varanasi.

The Prime Minister honoured the 'aadhinams' (religious leaders) of Tamil Nadu's various religious places and monasteries, and released a book 'Thirukkural' along with its translation in 13 languages.



The endeavour is in sync with the National Education Policy (NEP) 2020's emphasis on integrating the wealth of Indian knowledge systems with modern systems of knowledge.

IIT Madras and Banaras Hindu University (BHU) were the two implementing agencies for the programme.

During the Sangamam, over 2,500 delegates from Tamil Nadu travelled by special trains to Varanasi to get an immersive Kashi experience (that included Ganga bath, Ganga cruise, Ganga aarti) and to showcase Tamil Nadu's historical and eternal proximity to Kashi.

PM'S CLARION CALL

"This is the responsibility of 130 crore Indians to preserve the legacy of Tamil and enrich it. If we ignore Tamil, we do a great disservice to the nation and if we keep Tamil confined in restrictions, we will do great harm to it. We have to remember to remove linguistic differences and establish emotional unity."

Kashi-Tamil Sangamam - A Magnificent Cultural Confluence of the North & South



Dr. L. Murugan
Minister of State, Ministry of
Information & Broadcasting

With a collective vision to celebrate our nation's unity in diversity and ignite the sense of togetherness among the diverse set of communities, religions and languages, the 'Ek Bharat Shreshtha Bharat' programme was announced by Prime Minister Narendra Modi on October, 31, 2015. Ever since, the idea of a sustained and structured cultural connection between people of different regions was mooted by the Prime Minister, it was exuberantly revered in India by its people.

India is a unique nation, whose fabric has been woven by diverse linguistic, cultural and religious threads, held together into a composite national identity by a rich history of cultural evolution, coupled with a freedom struggle that was built around the universally cherished values. Ek Bharat Shreshtha Bharat is thus the recognition of the spirit of unity in diversity.

The Kashi-Tamil Sangamam is reflection of this spirit. It was the

dream of Mahakavi Bharatiyar, and it is the vision of our Prime Minister Honouring the cultural unity of India that has lived on for thousands of years, it is a unique, month-long confluence initiated by the Government of India, aiming to celebrate, reaffirm and rediscover the age-old links between Tamil Nadu and Kashi - two of the country's most important and ancient seats of learning.

Tamil Nadu and Kashi have an incalculable bond over the years. Kashi, one of the oldest living cities of the world, has been central to India's cultural ethos. Tamil Nadu and Tamil culture are the centres of India's antiquity and pride. Kashi and Tamil Nadu have been timeless centres of our culture and civilisation. If in Kashi there is Baba Vishwanath, then in Tamil Nadu there is the blessing of Lord Rameshwaram. Both Kashi and Tamil Nadu are 'Shivmay' (drenched in the devotion of Lord Shiva).

Kashi and Tamil Nadu share a long-standing historical and civilizational connection. There is an age-old tradition of pilgrimage between these two great places. Throughout our history, this strong bond has been strengthened by the common people as well as by the kings. One of the famous stories is that of King Parakrama Pandya of Madurai. It is said that he visited Kashi to bring a Shiva Lingam for the temple of Lord Shiva which he wanted to build. While returning back, he stopped at some place to take rest. But, when he got up, to resume his journey, the cow carrying the Lingam refused to move. The King thought it

as Bhagwan Shiva's wish, and installed the Shiva Lingam there. This place then became famous as Shiva Kashi. Another historical town of Tenkasi is also famous for the Kashi-Vishwanath temple. The worship of Lord Shiva here is considered by the devotees as equivalent to worshipping the Lord Kashi Vishwanatha of Varanasi.

As a nation that has embraced its cultural diversity for thousands of years, this 'Sangamam' exemplifies unity in diversity, breaking language barriers, creating an understanding of our shared heritage and deepening the people-to-people bond between the two regions.

Inaugurated on November 19, 2022 by Prime Minister Narendra Modi, this Sangamam was a grand success. Spanning four weeks, over 2500 delegates from Tamil Nadu travelled by special trains to Varanasi to get an immersive Kashi experience. It included a Ganga Snan, a Ganga cruise and Ganga aarti and highlighted Tamil Nadu's historical. Further, vignettes of Tamil heritage, cuisine and music were showcased to promote cultural bonding at the Banaras Hindu University grounds in Varanasi. Organized by the Ministry of Education

in collaboration with other ministries and the Government of Uttar Pradesh, this endeavour is in sync with National Education Policy 2020's emphasis on integrating the wealth of Indian Knowledge Systems with modern systems of knowledge.

This immersive experience held during the onset of the 'Amrit Kaal' in India celebrates India's cultural prowess and strength. Therein lies many opportunities for India's glorious future too. As quoted by the Hon'ble Prime Minister, In 'Amrit Kaal', our resolutions will be fulfilled by the unity of the whole country." Guided by this vision, many such confluences will be organised in future. It is now the responsibility of 130 crore Indians to preserve the cultural legacies of our nation and foster connections which truly exhibit the spirit of 'Ek Bharat Shreshtha Bharat'.

In the words of our Prime Minister, The gains of such Sangamams need to be taken forward through research and this seed should become a giant tree". With this firm resolve, we enter the 'Amrit Kaal' and march towards building the New India of our dreams!

Scan the QR code to know what Dr. L. Murugan has to say about Kashi-Tamil Sangamam.



In the words of the
**DELEGATES OF
KASHI-TAMIL SANGAMAM**

K.V. Krishnan

96-year-old nephew of Mahakavi Subramania Bharathiyar

“It fills me with joy that I was born and brought up in Kashi and stayed in Kashi as the nephew of the great Mahakavi Subramania Bharati ji. Today, his soul must be pleased to see the idea of Kashi-Tamil Sangaman come to life, which brought so many people—children, scholars and educational groups from South India to Kashi where they became a part of this confluence for 30 days. I am sure he would be looking at us and feeling delighted at the idea of this ‘Sangamam’.”

Shubha Shri

Youngest Entrepreneur at Kashi-Tamil Sangamam

“I have travelled to many States like Himachal, Jammu & Kashmir, etc., on a bike, but I never got the opportunity to visit Kashi. This opportunity to visit Kashi has changed my entire perspective of the city. It is such a beautiful place. I am capturing various wondrous snapshots of this place and will share these with people back home to show them how magnificent Kashi is, through my lens. From the management to the hospitality of the people of Kashi, everything is exemplary. I experienced the Ganga cruise ride and this is the perfect way to capture the beauty of Kashi, especially at night time. I am truly thrilled with my experience at the Kashi-Tamil Sangamam.”

Students from Tamil Nadu

“It has been an exciting journey for us, ever since we got on the train to Kashi. It’s good to visit a place like Kashi and see a glimpse of India that is unforgettable in many aspects. The cruise ride that I went on was one of the best experiences of my lifetime.”

“From a student’s perspective, it was great to meet the students of BHU who have the blessing of witnessing the beauty of Kashi on a daily basis.”

“We are from Thanjavur, and we met the students who are from Banaras. The connection that we are building as a result of our meeting, the age-old connection between Kashi and Tamil Nadu, is truly being nurtured through this initiative as rightly envisioned by the Hon’ble Prime Minister.”

Students from Varanasi

“We are grateful for meeting the students from Tamil Nadu, for it is a wonderful experience for us to learn about the Tamil culture and the people of Tamil Nadu.”

“The cultural connection between Kashi and Tamil culture at this Sangamam is being fostered beautifully by people of both sides.”

“Through the eyes of Kashi-Tamil Sangamam, we can witness incredible India right on the streets of Kashi. And for this, we would like to thank the Hon’ble Prime Minister for coming up with this idea and making Kashi the hub of this cultural exchange.”



Atal Bihari Vajpayee

Born on 25th December, 1924 in the present-day Gwalior, Shri Atal Bihari Vajpayee emerged as a leader who received respect for his liberal worldview and commitment to democratic ideals.

His first brush with nationalist politics was in his student days, when he joined the Quit India Movement of 1942. The movement hastened the end of British colonial rule.

A student of political science and law, it was in college that he developed a keen interest in foreign affairs – an interest he nourished over the years and put to skillful use while representing India at various multilateral and bilateral fora.

He embarked upon a journalist's career, which was cut short in 1951 when he joined the Bharatiya Jana Sangh, the fore-runner of today's Bharatiya Janata Party.

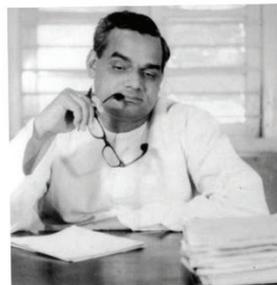
As India's Prime Minister, Foreign Minister, Chairperson of various important Standing Committees of Parliament and Leader of the Opposition, he remained an active participant in shaping India's post-Independence domestic and foreign policy.

He served as the Prime Minister thrice.

He was the Prime Minister of the country for a short period of time in 1996, then in 1998 for 13 months, and then from 1999 to 2004. Shri Vajpayee was the first Prime Minister since Pt. Jawaharlal Nehru to have become Prime Minister of India with two successive mandates.



AN EMINENT LEADER, SOCIAL WORKER, POET AND LITTERATEUR



His career stretched over four decades through which he was elected to the Lok Sabha nine times and to the Rajya Sabha twice, a record by itself.

A critically acclaimed poet, even during his tenure as Prime Minister, he took time off to indulge in music, poetry, and in a bit of gourmet cooking



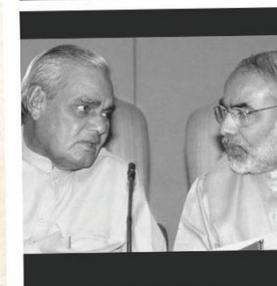
An ardent champion of women's empowerment and social equality, Shri Vajpayee believed in a forward-looking, forward-moving India, a strong and prosperous nation confident of its rightful place in the comity of nations.

He stood for an India anchored in 5,000 years of civilisational history, ever modernising, ever renewing, ever re-energised to meet the challenges of the next 1,000 years.



In 1992, he was conferred with the Padma Vibhushan and in 2015 the Bharat Ratna in recognition of his selfless dedication to his nation and society.

Since 2014, the Government of India celebrates Good Governance Day in honour of Shri Atal Bihari Vajpayee on 25th December to promote commitment towards providing transparent, effective and accountable governance to the Indians.



Shri Atal Bihari Vajpayee's rise in public life is an achievement for both his political acumen and Indian democracy.



INDIAN TRADITIONAL MEDICINE

Standing up to the touchstone of evidence

Indian traditional systems of medicine have been among the well-known global traditional systems of medicine for centuries and have played an important role in providing healthcare to a large population in India, and even to the world.

In the modern era of evidence-based medicine too, these traditional medicine practices are standing up to the touchstone of evidence.

Various scientists and researchers have come forward with evidence-based scientific studies to highlight the wonders that Indian traditional medicine can do. For instance, the benefits of yoga, which the country has been reaping for ages as part of our proud heritage, are now taking the world stage and withstanding the modern era testing for evidence-based results.

In his recent 'Mann ki Baat' address, the Prime Minister highlighted two such studies that evince the benefits of yoga in medical science:

STUDY BY TATA MEMORIAL CENTRE EVINCING YOGA EFFECTIVE FOR BREAST CANCER PATIENTS

An extensive research done at Tata Memorial Center in Mumbai has revealed that yoga is effective for breast cancer patients.



According to the research of this Centre, regular practice of yoga has reduced the risk of recurrence and death of breast cancer patients by 15%



The inclusion of yoga resulted in a 15% relative improvement in disease-free survival (DFS) and 14% in overall survival (OS)



The study has also found yoga to improve the quality of life in women affected by breast cancer

STUDY BY CIMR, AIIMS DESCRIBING BENEFITS OF YOGA FOR SYNCOPE PATIENTS

In 2016, the Centre for Integrative Medicine and Research (CIMR) was established at AIIMS, New Delhi, to study the convergence of contemporary medicine with India's ancient medical practices. Around 19 departments in AIIMS are collaborating with the Centre to identify the benefits of yoga for physical and mental diseases. Approximately 20 papers, based on their research, have been published in various reputed international journals.

One such research paper, published in the Journal of the American College of Cardiology, highlights the results of yoga on patients suffering from Syncope.



Patients showed a significantly lower incidence of pre-syncope episodes at 12 months



43.3% of patients were symptom-free within 12 months of yoga practice



Patients showed a significant improvement in the quality of life within 12 months of yoga practice



Yoga is a symbol of universal aspiration for health and well-being. It is health assurance in zero budget.

Prime Minister
Narendra Modi

CANCER SURVIVORS SPEAK...

I was operated on for breast cancer in 2017. After a few days, I started yoga and now I do it at home too. I used to feel tired after the operation but after yoga, I got a lot of relief. I want to tell people, do not hesitate to do yoga. It has many benefits and should be done regularly.

Anjali Gaikwad

I was treated for breast cancer in 2018 at Tata Memorial Hospital. After that, my chemotherapy and yoga exercises started. Now, I do all the household chores and also do yoga at home and I don't feel any discomfort or pain.

Prabha Solanki



Yog anatomy: Educating and Inspiring



Rajendra Achyut Badwe
Surgical Oncologist,
Director, Tata Memorial Centre

What began as a spiritual practice in India's deep-rooted philosophy has become popular as a way of promoting physical and mental well-being. The beauty of yoga is that whether you are young or old, overweight or fit, it has the power to calm the mind and strengthen the body. Studies have suggested possible benefits of yoga for several aspects of wellness, including stress management, mental/emotional health, promoting

healthy eating/activity habits, sleep, and balance.

In this era of globalization where lifestyle and dietary food patterns are changing drastically, it is pertinent to explore and establish the interrelationship among various Indian traditional sciences to offer comprehensive and holistic healthcare. Tata Memorial Centre (TMC), Mumbai adopted yoga to design a study which is robust for a Western kind of testing. Patients were taken to upper echelons of understanding and practicing yoga which was done in three stages: breathing, asanas and spirituality.

The study on breast cancer was conducted among two sets of patients. One who received chemotherapy and yoga sessions before surgery and radiation whereas the other ones who started yoga and chemotherapy post surgery. The patients were evaluated for their physical strength, emotional stability, feeling of wellbeing, fatigue and whether



they were spiritually evolved in any way and did the survival improve. The yoga experts and caretakers of the patients tailormade the process in such a way that each of those stages would be easily possible to do at a time when they were going through treatment. The result was an improvement that was better compliance to the treatment. In addition, the patients were found extremely happy as far as their quality of life was concerned.

Prime Minister's recent 'Mann ki Baat' highlighted this effort by TMC which has made more and more people aware about the treatment. The yoga

sessions and details about the treatment will soon be available for free for individuals on the website of Tata Memorial Centre. This initiative has also encouraged schools to reach out and include yoga as a part of their curriculum.

The balance between effort and ease in yoga practice is a moving target. But, the more attention is given to the overall feel in the practice, the better it will be to identify whether the intensity of practice needs to go up or down. The more often a balance is made between effort and ease in our yoga practice, the more often yoga can be enjoyed and be benefitted from.

Harnessing Your Inner Strength through Indian Traditions



Dr. Gautam Sharma

Professor In-charge, Centre for Integrative Medicine and Research

A 3,000-year-old Indian tradition is now regarded in the Western world as a holistic approach to health. Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on self, breath, and energy. Yoga engages an individual in the healing process; by playing an active role in their journey towards health, the healing comes from within, instead of an outside source and a greater

sense of autonomy is achieved.

This holistic approach to health has been adopted by the Centre for Integrative Medicine and Research (CIMR), a pioneering initiative by AIIMS, New Delhi. Continued research and studies in the integration of yoga for diseases related to the heart, hypertension, diabetes, etc., have shown a vast positive impact on modern lifestyle and an attempt is being made to establish scientific proof of the same.

Yoga is being used to stimulate the autonomic nervous system that is affected in diseases like Vasovagal Syncope where a person without any structural heart disease, faints and experiences migraine headaches. Not just that, psychological disorders like depression and anxiety are also being studied in this context. Insomnia, which is one of the most common but neglected conditions with long-term and serious effects on the health of a patient, has also found

a traditional way of healing i.e the Shirodhara technique of Ayurveda which involves slowly and steadily dripping medicated oil or other liquids on the forehead.

Extensive research on Yoga and its contributions are also being seen with regard to pregnancy, leading to a positive impact on women's health. The treatment through asanas and pranayamas is carefully discussed and designed for those seeking yoga as a therapy. However, it is seen that after a couple of months, people become irregular in their practices. It should be noted

that in order to get long-term benefits, it is essential that yoga practices are followed regularly and religiously.

The purpose of yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being. People practicing yoga are likely to enjoy various physical and mental health benefits. For example, exercise can lower their blood sugar and blood pressure levels and also enable them to attain inner peace. Therefore, when practiced consistently and carefully, yoga can impact the body and soul of individuals positively. And so, it is recommended that people use these techniques to improve their lifestyles.



Scan the QR code to listen to Dr. Gautam Sharma explaining the impact of yoga on mental and physical health.



9TH WORLD AYURVEDA CONGRESS



“Ayurveda is a science whose motto is - ‘सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयः’ i.e., ‘May all be happy, may all be free from illness’. The world is returning to this ancient philosophy of life and I am very happy that India started working on it much earlier.”

Prime Minister Narendra Modi

ABOUT

The 9th World Ayurveda Congress (WAC) was held in Goa from 8th December, 2022 to 11th December, 2022, with the theme ‘Ayurveda for One Health’. More than a platform to connect Ayurveda practitioners, medicine manufacturers and academicians, WAC is known to collect feedback, monitor progress and initiate missions accordingly.

Key Highlights of 9th WAC

The event witnessed active participation of more than 400 overseas delegates representing 50 countries, international students and various other stakeholders of Ayurveda.



To further strengthen research and international collaborations and facilitate affordable AYUSH services for people, the Prime Minister inaugurated 3 national institutes namely, All India Institute of Ayurveda, Goa, National Institute of Unani Medicine, Ghaziabad and National Institute of Homeopathy, Delhi.



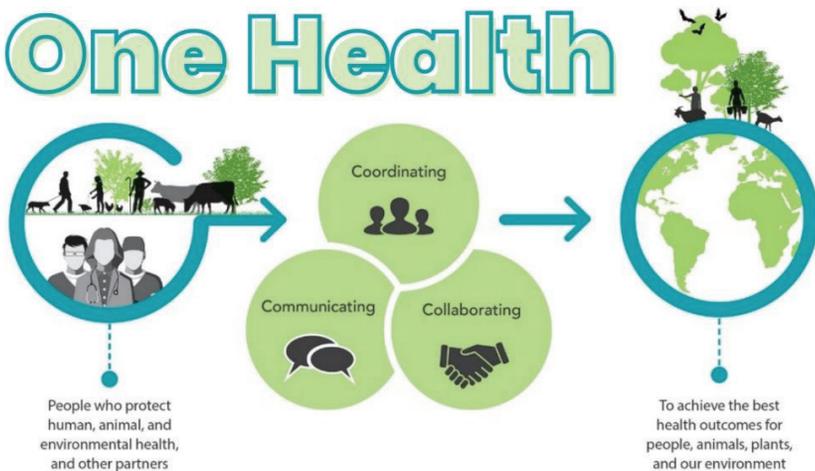
Seminars on topics like conservation of medicinal plants, expanding the scope of Ayurveda, Pashu Ayurveda (veterinary Ayurveda) etc. were conducted.



Workshop on development of innovation ecosystem in Ayurveda was conducted to promote start-up culture in Ayurveda.



One Health



“The 9th World Ayurveda Congress emerged as the world’s largest platform for discussion on Ayurveda sciences. The various programmes of WAC covered topics like education sciences, Pashu Ayurveda, traditional heroes in ethnobotany, among many others. It also became a platform for international delegates to come together and discuss their ideas. The event was attended by almost 131 students of Ayurveda, not only from India but from 37 foreign countries too. We, in the Ayurveda sector, have always seen Hon’ble Prime Minister Narendra Modi as a source of motivation. We ensure that the best of our traditional medical heritage gets translated into modern science. Today, a lot of research is happening not only in India, but also across the globe. This new age of Ayurveda is globalizing our traditional knowledge and basic principles.”

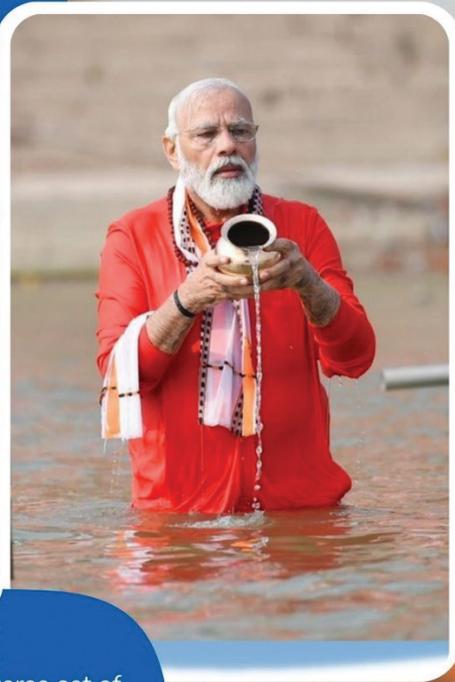
-Ranjit Puranik,
MD & CEO, Shree Dhootapapeshwar Limited

Ranjit Puranik, member of the Steering Committee of the World Ayurveda Congress, praised the Prime Minister’s efforts to promote Ayurveda. Scan QR code to listen.





Namami Gange programme was launched by the Hon'ble Prime Minister in 2014 with an aim to rejuvenate River Ganga by restoring the wholesomeness of the river defined in terms of ensuring 'Aviral Dhara' (Continuous Flow), 'Nirmal Dhara' (Unpolluted Flow), geological and ecological integrity.



ACTIONS TAKEN

In the past 8 years, a diverse set of actions have been taken for the cleaning and rejuvenation of River Ganga like water waste treatment, solid waste management, riverfront management, maintaining continuous flow, rural sanitation, afforestation, biodiversity conservation, etc.



JAN ANDOLAN

Public participation by Ganga Praharis, Ganga Doots and locals, in general, of each State that River Ganga nourishes has played an important role in spreading awareness through planting trees, Ganga aarti, cleaning ghats, etc.

IMPACT

The result of this Jan Andolan is that today, there is a significant increase in the number of different species of Hilsa fish, Gangentic dolphin and turtles. With River Ganga's clean ecosystem, other livelihood opportunities are also increasing.



RECOGNITION

In December 2022, the United Nations recognized Namami Gange as one of the top 10 World Restoration Flagships to revive the natural world.



TSOMGO POKHRI SANRAKSHAN SAMITI

A Community Movement to Preserve Lake Tsomgo

“When the power of our resolve is strong, even the biggest challenge becomes easy. The example of this has been set by Sange Sherpa ji of Thegu village of Sikkim.

~ Prime Minister
Narendra Modi

LAKE TSOMGO



Located at the altitude of 12,310 feet in East Sikkim, Lake Tsomgo is a glacial lake which is rich in flora and fauna



It is an important stopover for migratory birds



It is considered sacred and is worshiped by all Sikkimese



With more than 4 lakh tourist visits each year, Lake Tsomgo is one of the most visited tourist spots in Sikkim

TSOMGO POKHRI SANRAKSHAN SAMITI (TPSS)



Established by Sikkim Government in 2008, under the Lake Conservation Guidelines notified by the Forest, Environment, and Wildlife Management Department, TPSS is working to conserve Lake Tsomgo.

ACTIVITIES BY TPSS

Capacity building programs to sensitize the community about the environmental issues



Cleanliness drive and afforestation



Celebration of important days like World Environment Day, World Water Day, etc.



“Since its formation, the major focus of the TPSS has been to enhance the community partnership for management and conservation of the wetland with the support of NGOs and the State Government. Initially, we faced many challenges to bring people along, but today, approximately 265 families from 3 villages are a part of this movement. We are receiving support from youth and village panchayats. We are working to preserve this lake as it is divine to us and generates employment for the locals.”

~Shri Sange Sherpa,
Secretary, TPSS



MINISTRY OF INFORMATION AND BROADCASTING BRINGING CHANGES ON GROUND THROUGH SWACHH BHARAT



Inspired by the vision of the Hon'ble Prime Minister, the Ministry of Information and Broadcasting has set an example for every ministry by taking several initiatives to promote Swachh Bharat at workplace.

Under the leadership of Hon'ble Minister of Information and Broadcasting, Shri Anurag Singh Thakur, the officers and staff of various offices of the ministry in each region of India became an active part of the swachhta campaign and turned it into a *janandolan*.



Achievements of the Ministry:



Disposed more than 4,500 quintals of scraps and other materials



Cleaning and disposal (indoor and outdoor) at 3,500 spots



336 Outdoor Swachhata Campaign sites



Reviewed more than 1,10,000 physical and e-files



Earned more than Rs. 3,70,00,000 revenue



Swachh Bharat leads to optimisation of space

Inspired by the immense enthusiasm and guidance of the Hon'ble Minister of Information and Broadcasting, various offices of the ministry initiated a space audit and earned a free space of more than 10,00,000 sq. ft., including both office space and residential space.

The freed area, today, is used by other offices under the Ministry which were earlier in rented buildings. This has resulted in rental savings of more than Rs. 6 crore per annum.

Other actions taken to raise awareness:



Screening of 17 films based in the theme of Swachhata



Photo Exhibitions of before and after photos of cleaned sites



Outstanding achievements were filmed and shown through electronic and social media



Swachh Bharat 2.0 : Ministry of Information and Broadcasting Sets An Example of Cleanliness

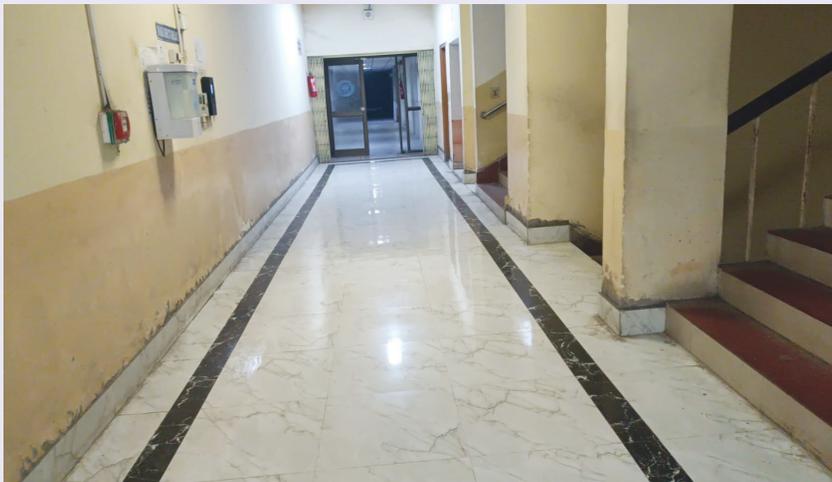
"It is our duty to serve Mother India by keeping the country neat and clean. I take this pledge that I will remain committed towards cleanliness and devote time for this. I will initiate the quest for cleanliness with myself, my family, my locality, my village and my work place."

With these few words of Swachhta Pledge, the nation came together and took one step towards cleanliness in 2014. Today, after 8 years, the 'Swachh Bharat Mission' has become firmly rooted in the minds of every Indian. Since its launch in 2014, under this mass movement, many unique efforts have been

made by the Government and the citizens.

In his recent 'Mann ki Baat', the Hon'ble Prime Minister talked about the continuous efforts taken by the Government to strengthen the spirit of Swachh Bharat. He highlighted how, by ensuring cleanliness in its various offices like Mumbai, Kolkata, Ahmedabad etc., the Ministry of Information and Broadcasting has earned not just free space, but also saved a big amount of rent payments and earned revenue.

Ms. Shipra Manaswita, Head of Office, DD Mumbai highlighted the excellent work done by the



Mumbai office in an interview with the Doordarshan team.

"On October 2, 2012, the Government of India started Swachh Bharat Abhiyan 2.0. To make it a success, all the officers and staff of DD Mumbai office participated in the campaign enthusiastically and cleaned the premises. Everyone identified the unwanted materials in their respective offices and discarded them. During the weeding out process, we identified and discarded the old files and disposed them off by shredding. We also identified the old equipment, which were no longer in use, and auctioned them. This auction brought us earnings of around Rs. 22 lakh. Realizing the



importance of digitization, we identified more than 100 service books and digitized them.

Under the leadership of the Hon'ble Minister for Information and Broadcasting, Shri Anurag Singh Thakur, we conducted a space audit in our offices. During this process, we organized the office and got a valuable amount of free office space which now can be used in an optimum way.

We want to thank the Hon'ble Prime Minister for highlighting the efforts taken by the Mumbai office of the Ministry in his recent 'Mann ki Baat'."

Scan the QR code to see how DD Mumbai set an example by embodying the spirit of Swachh Bharat.



Ministry of Information and Broadcasting Exemplifies the True Spirit of Swachh Bharat



Gaurav Dwivedi
CEO, Prasar Bharati

Blazing a trail from the ramparts of Red Fort on the most momentous day in the modern history of India, Prime Minister Narendra Modi announced the launch of the Swachh Bharat campaign on August 15, 2014. Never before was this critical issue raised from such an august platform. Many thought it to be trivial but it went on to become one of the most successful people-led campaigns in post-independence India.

Common men and women, communities, private organizations and Government departments have been equal participants/stakeholders in this movement. The results of these efforts are manifested in the

forms of behavioural change, self-regulation, ideal cities, model villages, clean transit modes like the Delhi Metro and much more. In his various programmes, the Prime Minister makes it a point to appreciate these endeavours.

In the December 2022 edition of his monthly 'Mann ki Baat' programme, the Prime Minister praised and acknowledged similar initiatives of various units under the Ministry of Information and Broadcasting, "Due to the removal of garbage, removal of unnecessary items, a lot of space opens up in the offices, new space is available. Earlier, due to lack of space, offices had to be maintained on rent at far off places. These days, due to this cleanliness, so much space is available that, now, all the offices are converging at one place. In the past, even the Ministry of Information and Broadcasting also made a lot of effort in its offices in Mumbai, Ahmedabad, Kolkata, Shillong in many cities and because of that, today they have two, or three floors, available completely in usage anew. Due to this cleanliness in itself, we are getting the best experience of optimum utilization of our resources. In the society as well as in the villages, cities and even in the offices; even for the country, this campaign is proving useful in every way."

As part of the Swachhata campaign, under the direction of Hon'ble Minister of Information and Broadcasting, Shri Anurag Singh Thakur, various units of the I&B Ministry undertook two initiatives. One was to create wealth from waste and the other was space audit.

Following the Prime Minister's call for creating wealth from waste, a comprehensive Swachhata campaign was organised at all I&B Ministry units across the country. Prasar Bharati alone is set to earn revenue of almost Rs 20 crore, through efficient waste management and disposal.

Under the second initiative, a space audit of the premises of Prasar Bharati and other units of I&B Ministry was conducted in several cities. Based on this, more than 8 lakh square feet of space have been vacated by Prasar Bharati. In Mumbai alone, Prasar Bharati has been able to vacate an area of more than 31,000 square feet. At All India Radio in Mumbai, out of 2 blocks

which together comprise 10 floors, 3 floors are being vacated and at DD premise in Mumbai, 3 out of 11 floors are being vacated, with a combined floor area of more than 24,000 square feet.

In a bid to ensure efficient utilisation of existing infrastructure, various units of I&B Ministry which are currently located in private buildings on rent are being relocated to these vacated spaces in Prasar Bharati and the remaining vacant space can be better utilised depending upon land use rights. This, in turn, will also result in additional revenue for Prasar Bharati.

Embodying the spirit of Swachh Bharat, the Ministry of Information and Broadcasting has set an example for both Government and private offices on how a small step taken towards swacchata can not only help in achieving a clean India but can also help generate revenue which can be used to create an Atmanirbhar Bharat, as the nation marches towards the 'Amrit Kaal'.



The Priceless Heritage of India

Cornerstone of 'New India'

“A new awareness is dawning in our country about our art and culture, a new consciousness is awakening. This enthusiasm of the countrymen towards their art and culture is a manifestation of the feeling of ‘pride in our heritage’. In our country, there are so many such colours scattered in every corner. We should also work continuously to adorn and preserve them.”

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

"We are happy to have our ongoing efforts, in promoting our folk arts and crafts fields, charity and social activities among islanders, recognized. We are honoured that the Hon'ble Prime Minister included our community efforts in his 'Mann ki Baat' program."

–Friez Khan
President, Kummel Brothers
Challengers Club

As India completed 75 years of its Independence on August 15, 2022, Prime Minister Narendra Modi, addressing the nation from the ramparts of Red Fort, walked the country into the 'Amrit Kaal' – the next 25 years till 2047 when the country will be celebrating 100 years of being free from colonial rule. With the vision of a new era of transformation and development, he laid down 'Panch Pran' i.e., five pledges that every citizen must take in order to build the India of the dreams of our freedom fighters.

One, among the Prime Minister's broad vision for the next quarter of the century, is to take pride in our heritage and legacy. Undeniably, it is in our roots that our strength lies. With India marching towards the centenary celebrations of its Independence, the youth is bound to play a crucial role in scaling new heights for the country. An acknowledgment and appreciation of the country's varied traditions, customs, and cultural heritage will not only instill pride, it will also enlighten

the younger generation of the rich legacy they inherit as citizens of India. It is this legacy which has given India its golden past, and the same will become the foundation for shaping a 'New India'.

"Only when we connect with our land, we will be able to fly high, and when we fly high, we will be able to provide solutions to the world too." The Prime Minister very well recognises the power of the collective wealth of the society – art, literature, culture – and has taken the responsibility upon himself to make it a shared knowledge by taking this abundant heritage to every corner of the country through his monthly address of 'Mann ki Baat'.

A champion for the 'Vocal for Local' and 'Aatmanirbhar Bharat', the Prime Minister never misses to highlight local products, traditions and local people involved in the practice and preservation of indigenous art, crafts, and culture. Be it toy-making of Karnataka and Uttar Pradesh, bamboo work of Maharashtra and Nagaland, leather products from Assam, khadi bags made of jute, cotton, banana fiber, or the traditional musical instruments crafted across the country – many such local forms of art and crafts have been brought to the forefront by the Prime Minister. Fairs like Minjar Mela, Madhavpur Mela, Maridamma fair, and Mawli





Mela, which in modern times act as links to our glorious past and traditions and strengthen the spirit of 'Ek Bharat, Shreshtha Bharat', have also found place in 'Mann ki Baat'.

Several policies and initiatives being undertaken by the Government are illustrative of the fact that the Government is committed to ensure that the vision of the Hon'ble Prime Minister is converted into reality. Missions like Amrit Sarovar, LiFE, Swachh Bharat Abhiyan, introduction

"Hon'ble Prime Minister Narendra Modi ji talked about our startup in his 'Mann ki Baat'. Hearing that, I was very glad that even though our start-up is very small, the Prime Minister identified me and he talked about our products and start-up in his monthly address. It is the greatest reward for me."
 -Suresh
 Co-founder, Bhoomi Agri Ventures

of AYUSH mark for traditional medicines, dissemination of Yoga advisory for COVID-19 patients and for mental health, inclusion of indigenous games (Gatka, Kalaripayattu, Thang-Ta, and Mallakhamba) in Khelo India Youth Games draw their inspiration from and establish their trust in the age-old traditions of our country. Promotion of khadi by shifting the focus of KVIC from 'administration' to 'sales' and implementing Khadi Reform and Development Programme scheme for revival and increase the production of khadi; 'Hunar Haats' for giving a platform to indigenous artisans and craftsmen; toycathons, implementation of the Toys (Quality Control) Order, and establishment of toy clusters across the country under SFURTI, the Government is determined to provide employment opportunities, along with

preserving and promoting India's indigenous traditional legacy.

From Yoga and Ayurveda to beekeeping, water conservation, and our ancient knowledge systems, our ideas of non-violence and pluralism, diversity, tolerance, and democracy – the world is looking for cues for a sustainable and just future in the traditional knowledge of India. And the increasing belief and pride in our heritage and culture has made India shine brighter than ever on the world map. Today, when the world talks about holistic healthcare, it looks towards India's Yoga and Ayurveda. Our *sanskara* of swachhata and sustainability has become a source of inspiration when the world is facing environment-related problems. Our humble millets have seen an increase in exports and are being adopted by people world over to lead a

healthy lifestyle. International Day of Yoga, Mission LiFE, and International Year of Millets are a few examples that prove that our heritage is being appreciated around the world today.

Just like a flourishing tree must have its roots strongly grounded, India too, as a nation, needs its people to have a profound identification and acknowledgment of their roots – cultural and traditional. India is one of the world's most diverse nations that is blessed with a distinct and unique heritage. Art, literature and culture are the collective capital of the society and it is our collective responsibility to take them forward. A nation's progress comes from confidence rooted in the pride born out of knowledge of its history and heritage. And an observation of the past can become a strong foundation for the inspiration for preparations for the present and the future.

INDIAN HERITAGE

MADHAVPUR MELA

An exemplar of 'Ek Bharat, Shreshtha Bharat', the Madhavpur Mela of Gujarat connects the western and eastern extremes of the country. It is believed that it was Madhavpur where the wedding of Lord Krishna and princess Rukmini of the Idu Mishmi tribe of Arunachal Pradesh took place and the fair celebrates this holy union.

VEDIC MATHEMATICS

Vedic Maths is a collection of *Sutras* (methods) to solve numerical computations quickly and faster. This ancient system of mathematics uses a unique technique of calculations based on simple rules with which a whole range of mathematics problems can be easily solved.

Yoga & AYUSH

Indian systems of medicine are millennia old and offer overall wellness. Changes in the health paradigm have led to an unprecedented resurgence of interest in AYUSH systems over the years. These traditional Indian systems of medicine and holistic healthcare are finding recognition in international medicine practice and has gained acceptance worldwide. In the fight against coronavirus, Yoga and AYUSH has played an important role, globally.

THANG-TA

Thang-Ta (the art of the sword and the spear) is a popular art for the ancient Manipuri martial art known as Huyen Lallong. Originating among the Meitei people of Manipur, the art developed from the war environment in the then kingdom.

'Mann Ki Baat' Rewind

JAGGANATH YATRA

Jagannath Rath Yatra or the chariot festival, honours Lord Jagannath's visit along with his siblings, Devi Subhadra and Lord Balabhadra, to the temple of Queen Gundicha. The epicentre of this festival is the Jagannath Puri temple in Odisha, one of the four major Hindu shrines.

BEEKEEPING

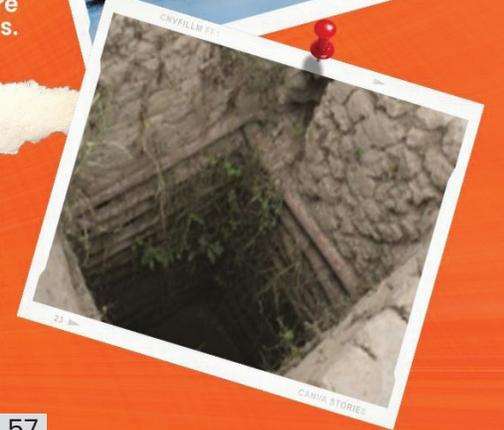
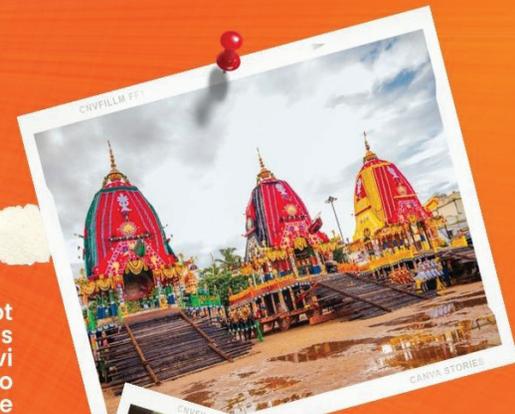
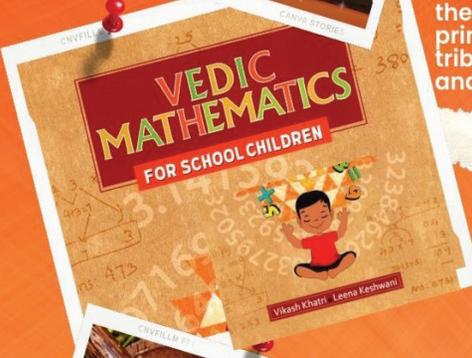
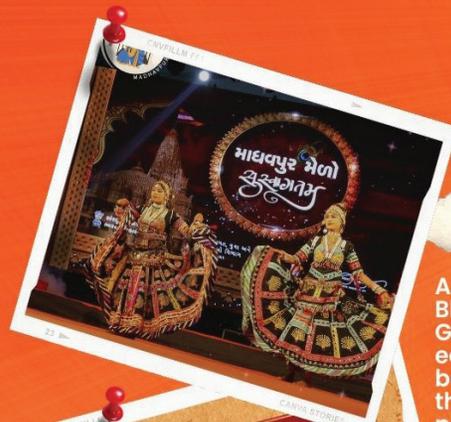
Beekeeping is a significant sustainable, and environmentally sound activity. Both an art and fascinating science, beekeeping is one of the oldest practices in India which provides nutritional, economic, and ecological balance, while providing employment and income.

CHANNAPATNA TOYS

Channapatna toys, manufactured in the Ramanagara district, the toy city of Karnataka, are traditionally made by lacquering of ivory wood. Unlike plastic toys, these toys are non-toxic as they are painted with vegetable dyes.

VRIDAS

This traditional method of conserving water is practiced by the nomadic Maldhari tribes of the Rann Of Kutch. Shallow wells are dug in the sand to create a natural pool which results in the rainwater seeping in and collecting over time. The tribal people also plant vegetation around these pools to protect them.



Lakshadweep Youth Taking Forward Their Traditional Wealth

In his recent 'Mann ki Baat', the Prime Minister applauded the efforts made by people and communities towards saving their age-old heritage which are being lost to time. One such successful effort being made is in Lakshadweep. A club on Kalpeni Island, Kummel Brothers Challengers Club, is inspiring the youth of the Island to preserve the local culture and traditional arts. The club has taken up the responsibility of training the youth in the local art of Kolkali, Parichakali, Kilipaat, and traditional songs.

Our Doordarshan team talked to the President of the club,



Firoz Khan, about their initiative.

"We are happy to have our ongoing efforts, in promoting our folk arts and crafts fields, charity and social activities among islanders, recognized. We are honoured that the Hon'ble Prime Minister included our community efforts in his 'Mann ki Baat' program," he said.

Karnataka's Kavemshri: Patron of Local Art & Culture

Amid the rising efforts to revive the local art and culture in the country, Prime Minister Narendra Modi applauded the efforts of **Dr. Kavemshri Shrinivasa** whose passion for the culture and literary prowess of his land and the need to preserve this heritage gave birth to 'Kala Chetna'. Twenty-five years ago hotelier Dr. Kavemshri established the platform in Gadag in Karnataka, where,



today, many programs of artists from Karnataka and around the country and world are organised.

Sharing his experience with Doordarshan, he said, "I started a hotel here from where the 'Kala Chetna' organisation began. Under the guidance of Ha. Ma. Nayak and former Chief Minister Veerappa Moily, I studied Yakashagana and got a PhD and now I am pursuing my passion of running 'Kala Chetna' for 25 years in Gadag. It was a surprise when the Prime Minister mentioned about my achievements in 'Mann ki Baat' and I am very happy."

Scan the QR code to listen what Kavemshri said about his mention in 'Mann ki Baat'.



Karnataka to Europe: The Power of Make-in-India

Promoting traditional skills and sustainability in their efforts while pushing the Prime Minister's call for 'Vocal for Local' and 'Make in India', a couple from Shivamogga, Karnataka are making unique products out



of betel nut fibre. Suresh and Maithili are not only selling these products nationally, but have also made their place in the international markets of Europe. Betel nut, which is abundantly available in many Indian states including Karnataka, has been put to use to make eco-friendly hand-made products like trays, plates, handbags, chappals and decorative items.

The world is looking at ways for a sustainable future and India's traditional knowledge offers plenty of ways for a sustainable lifestyle. Our indigenous and local products strengthen our identity, the local economy, and, in large numbers,



brightens the future of the people.

*Our Doordarshan team talked to **Shri Suresh and Smt Maithili**, co-founders of **Bhoomi Agri Ventures**, about their startup.*

Shri Shuresh said, "On Sunday, Hon'ble Prime Minister Narendra Modi ji talked about our startup in his 'Mann ki Baat'. Hearing that, I was very glad that even though our startup is very small, the Prime Minister identified me and he talked about our products and start-up in his monthly address. It is the greatest reward for me." Smt Maithili added, "It is a moment of honour and pride. After the Prime Minister's mention, the attention of the entire country has been drawn towards our work and organization. This has indeed increased our responsibility to do more."

Smt Maithili expressed her gratitude for being mentioned in 'Mann ki Baat'. Scan the QR code to listen.



Dubai's Kalari Club Promoting Ancient Indian Tradition

Kalaripayattu, an ancient form of martial art of Kerala, is considered among the oldest and most scientific martial arts in the world. In the past, kalaris (combat arena or battle field) formed an integral part of the lives of the people. Without any gender discrimination, boys and girls right from their childhood would be sent to the kalaris for practicing.

The Prime Minister, in his recent 'Mann ki Baat', mentioned an initiative which is carrying forward this ancient tradition and heritage of India abroad. He talked about the **Kalari Club** based in Dubai, which has recently registered its name in the Guinness Book of World Records for their performance of kalari by the maximum number of people simultaneously, on National Day of UAE. Children as young as 4-years-old to people aged 60 performed at the event.



The Kalari Club was founded by Mahacharya Late Sh. V.K. Madhavapanicker. A researcher and innovator, he travelled widely and amassed deep knowledge about the various martial forms. What made him unique was his ability to bring innovation in tradition.

Operating in Dubai for over 12 years, the club today has more than ten thousand students. This club was also featured at Dubai Expo 2020.



Traditional Bamboo Handicrafts Empowering the Tribals

Bamboo handicraft is one among the oldest crafts known to man and it is practiced in various regions throughout India. Bamboo covers 13.96 million hectares of the Indian land which has sustained the handicraft alongside providing employment to thousands of individuals in the country. Bamboo handicraft products range from a multitude of decorative items to furnitures and utility articles such as handbags, trays, baskets, boxes. Skilled artisans from around the country, especially tribal areas, have been involved in bamboo handicraft. One such organisation about whom the Prime Minister talked about in his 'Mann ki Baat' is **Seva Vivek** in Palghar, Maharashtra. The

organisation is not only making unique bamboo products but is also empowering local communities by training them in farming and manufacturing of bamboo. To avoid the use of plastic and similar 'anti-nature' elements which are harmful to the ecosystem, Seva Vivek propogates sustainability and eco-friendliness through their products.

Their team shared their thoughts, "We are happy that the Hon'ble Prime Minister supported and mentioned Seva Vivek and its 'Tribal-made Bamboo Products Initiative' in his recent 'Mann ki Baat' program. We are very proud of all the Bamboo Sevaks, tribal artisans and our staff members who are closely associated with Seva Vivek NGO."



VEER BAAL DIWAS



THE STORY OF UNFLINCHING BRAVERY

On the auspicious occasion of the Prakash Purab of Guru Gobind Singh ji in January 2022, the Prime Minister had announced that starting this year, 26th December shall be observed as 'Veer Baal Diwas' to mark the martyrdom of the tenth Sikh guru's sons Sahibzada Zorawar Singh ji and Sahibzada Fateh Singh ji.

Mughal ruler Aurangzeb and his people wanted to convert the religion of the Sahibzade forcibly. However, the brave sons of Guru Gobind Singh ji were not afraid of any threat and did not bow down before anyone. They refused to succumb to the oppression and preferred death instead of deviating from the noble principles of Dharma.



Sahibzada Zorawar Singh ji (7 years old) and Sahibzada Fateh Singh ji (5 years old) were entombed alive in walls in Sirhind (in present-day Punjab) on 26th December, 1704. Baba Ajit Singh, Baba Jujhar Singh, the elder Sahibzade of Guru Gobind Singh ji, were also martyred fighting against the oppressive Mughal rule.

When his sons were sacrificed, Guru Gobind Singh ji looked at his people and said, "चार मूये तो क्या हुआ, जीवत कई हज़ार!" That is, 'What if my four sons have died? Several thousand of my countrymen are my sons'. This tradition of 'Nation First' was inherent in the ideals of Guru Gobind Singh ji.



The martyrdom of the Sahibzade at such a young age is an inspiration for the youth of the country — that with its courage, the youth can turn the tide of time forever. The bravery and ideals of the Sahibzade, Guru Gobind Singh ji and Mata Gujri fuels our determination to take India to newer heights.



“For decades and centuries to come, Veer Baal Diwas will keep reminding us of the potential of India's young generation, the way the young generation of India has saved the country in the past and has pulled India out of the severe darkness plaguing humanity.”



Prime Minister Narendra Modi

RETELLING THE HISTORY OF INDIA

The commemoration of Veer Baal Diwas has come as a landmark event in India's modern history. Read what the representatives of the Sikh community have to say.



Manjinder Singh Sirsa Former President, Delhi Sikh Gurdwara Management Committee



Scan the QR code to listen to MS Sirsa's reaction to the commemoration of Veer Baal Diwas

"This is the biggest historical decision of the country in 75 years. In the capital of the country, where the martyrdom of Guru Tegh Bahadur Sahib Maharaj ji took place, no one would have imagined that such a thing would happen that the Prime Minister of the country would from the Red Fort celebrate the 400th Prakash Parv of Guru Tegh Bahadur ji , 350th Prakash Parv of his father Guru Gobind Singh ji at Patna Sahib, and now the way 3,500 children marched past the Kartavya Path of India Gate with the picture of the Sahibzadas when they were being martyred is perhaps historical. Many teachers (along with children) and thousands of colleges and universities across the country participated in the event. Today, thousands of petrol pump stations, railway stations, and airports across the country have exhibitions (and posters) of Sahibzade. People are getting to know who Sahibzade were. This was an impossible thing which the Prime Minister has made possible. This is his love for the Guru Sahiban, this is his devotion and loyalty."

Iqbal Singh Lalpura Chairman, National Commission for Minorities



"Sikhs are very fortunate to have such a Prime Minister who has done not one but twenty-five great things for Sikhs. Building the (Kartarpur) corridor, granting the FCRA for the Golden Temple, helping the victims of the 1984 (Sikh riots) — there has been no such thing that has come to the Prime Minister's attention and hasn't been done. Guru Tegh Bahadur Sahib's Gurburab (400th Prakash Parv) was celebrated at Red Fort, the same place from where he was ordered to be killed. The parv of Guru Nanak Sahib and Guru Gobind Singh Sahib were celebrated. Veer Baal Diwas is also in...

Harmeet Singh Kalka President, Delhi Sikh Gurdwara Management Committee



HS Kalka thanks the Prime Minister, scan the QR code to listen

"On behalf of the Sikhs of the country and the world, I thank the Prime Minister from the bottom of my heart for declaring Veer Baal Diwas as a commemoration and dedicating it to the Chhote Sahibzade. I believe that the Prime Minister has taken the history of the Sikh Gurus, the history of the Sahibzade of the Guru to every house, and nothing can be more important for the Sikhs than this. Apart from the Republic Day parade on Kartavya Path, only the parade of children of Guru Harkrishan Public School has come out and the Sikhs of Delhi are proud that children were walking with Khalsai flags in one hand and the national tricolour in the other. We are proud that the sacrifices made by our elders for the country are being recognized today by the Prime Minister and I thank him from the bottom of my heart. The whole Sikh community is with him for the ideology he is following."

...this series. Remembering their sacrifice, this Veer Baal Diwas was celebrated. Since 2018, the Akali Dal and the Delhi Gurdwara Management Committee have been demanding that Baal Diwas be celebrated on the martyrdom of the Sahibzade. However, the Prime Minister said that the Sahibzade were only 'Baal' but also 'Veer' (brave). That's why the word 'Veer' was added to it and the story of the martyrdom of these Sahibzade has been spread to every house in the country and the world. Many thanks to the Prime Minister for this."



IS Lalpura thanks the Prime Minister on behalf of the Sikh community, scan the QR code to listen



MANN KI BAAT

Media Scan



kalariclubdubai

KALARI CLUB DUBAI, IN COLLABORATION WITH DUBAI POLICE...

608 views

kalariclubdubai കളരിപ്പയറ്റിലെ ആദ്യ ഗിന്നസ് റെക്കോർഡ് ഇന്ത്യൻ പ്രധാനമന്ത്രിയുടെ ആശംസ

#pmindia #narendramodi #narendra_modi #kalarikalari #kalaridubai #kalaripayattu #dubaikalari #india #indian #dubai #primeminister #indianprimeminister #mannkiibaat #kerala #dubai Narendra Modi

Himanta Biswa Sarma

'Swachh Bharat Mission' has become firmly rooted in the mind of every Indian today - Hon PM Shri @narendramodi Ji in #MannKiBaat today.

@PMOIndia

'स्वच्छ भारत मिशन' आज हर भारतीय के मन में रच-बस चुका है। साल 2014 में इस जन आंदोलन के शुरू होने के साथ ही, इसे, नयी ऊँचाइयों पर ले जाने के लिए, लोगों ने, कई अनूठे प्रयास किये हैं और ये प्रयास सिर्फ समाज के भीतर ही नहीं बल्कि सरकार के भीतर भी हो रहे हैं।

11:46 AM · Dec 25, 2022

Dr. Pramod Sawant

Tuned in to the 96th Episode of #MannKiBaat of Hon'ble Prime Minister Shri Narendra Modi Ji with BJP Goa Karyakartas.

PM praised the scale and scope of organization of the 9th World Ayurveda Congress & Arogya Expo 2022 and highlighted the participation of delegates from 40 countries and 215 companies from across the world displaying their products with more than 1 lakh people enjoying their experience with Ayurveda.

With the Institutes like All India Institute of Ayurveda, consistent support of AYUSH Ministry and rising awareness about Indic medicine system the Ayurveda shall serve Indians as well as at Global level.

Seva Vivek - NGO

मन की बात इस कार्यक्रम के दौरान, प्रधानमंत्री नरेंद्र मोदीजी ने "बांस से बने विभिन्न वस्तुओं" की ओर ये कार्य करनेवाले पालघर जिले की "सेवा विवेक NGO" की सराहना की।

सेवा विवेक की इस कार्य से पालघर जिले की आदिवासी महिलाओं को रोजगार के साथ सम्मान भी मिल रहा है।

इस कार्यक्रम के बाद ऑफिशियल ट्विटर हैंडल पर भी सेवा विवेक NGO की विशेष रूप से सराहना की।

सेवा विवेक NGO के बारे में अधिक जानकारी के लिए और बांस की वस्तुएं खरीदने के लिए भेंट दें: www.sevavivek.com

Narendra Modi ji mentioned Seva Vivek NGO

14 बांस से बने काने, बोकर, कुर्ची, चादनी, टोकरियाँ, और टू जैसी चीजें खुद सोनेदार भी रही हैं। यही नहीं, ये सारे बांसु पत्र से सुसज्जित काने और चादनी की चीजें भी बनती हैं। इनसे आदिवासी महिलाओं को रोजगार भी मिल रहा है, और उनके दुःख को घटाना भी मिल रही है।

15 देश के अनेक क्षेत्र में बांस से जोड़ कर कुदरत और उपकारी चीजें बनती जाती हैं। विशेष रूप से आदिवासी क्षेत्रों में बांस के कुदरत का उपयोग, बहुत कमाल है। इन से देश में बांस से जुड़ी आर्थिक के अनेक को बढ़ावा है, इनका एक बड़ा बाजार निर्यात हो गया है। बांसुपत्र के अनेक क्षेत्रों में भी आदिवासी बांस के लीन बांसु से कई सुसज्जित Products बनती हैं।

Smriti Z Irani

PM @narendramodi जी के नेतृत्व में भारतीय योग शिक्षा को वैश्विक पटल पर नई पहचान मिली है।

आज #MannKiBaat में, स्तन कैसर के इलाज हेतु 'टाटा मेमोरियल सेंटर' द्वारा किए गए रिसर्च की चर्चा, प्रमाण है कि योग विद्या कैसर जैसी बीमारियों से भी लड़ने में लाभकारी है।

YOGA AND AYURVEDA TEXTS WHICH HAVE BEEN PART OF THE INDIAN LIFE FOR CENTURIES...

4:45 PM · Dec 25, 2022

Meenakshi Lekhi

In the 96th and final episode of #MannKiBaat 2022, Hon'ble PM @narendramodi Ji highlighted the achievements of this past year.

Indeed, 2022 has been an incredible year for India.

Dr.L.Murugan

கடந்த 2014 -இல் துவங்கிய #SwachhBharat இயக்கம் நம் தேச மக்களின் தனித்துவமாக முயற்சியினால் மாடுபடும் உச்சத்தை அடைந்து இன்று ஒவ்வொரு இந்தியரின் மனதிலும் உறுதியாக வேருன்றியிருப்பதில் நான் மகிழ்ச்சி அடைகிறேன்.

-பாரத பிரதமர் திரு. @narendramodi ஜி

THESE EFFORTS ARE NOT ONLY BEING TAKEN IN SOCIETY BUT ALSO IN THE GOVERNMENT

4:49 PM · Dec 25, 2022 · 1,748 Views

Ashwini Vaishnaw

PM @narendramodi Ji's 'Namami Gange' mission gets world recognition.

#MannKiBaat

THEREFORE, IT IS OUR UTMOST RESPONSIBILITY TO KEEP 'MOTHER GANGA' CLEAN

0:48 · 22.9K Views

Indian Diplomacy

In #MannKiBaat today, PM @narendramodi mentioned about Kalaripayattu, the ancient Martial Art of India, lauded as the pride of Kerala.

A Guinness World Record has been made in Dubai for most people simultaneously performing the Kalaripayattu together.

PMO India

India government organization

A news from Dubai which makes every Indian proud. #MannKiBaat

हाल ही में दुबई से खबर आई कि यहाँ के कलारी club ने Guinness Book of World Records में नाम दर्ज किया है। कोई भी सोच सकता है कि दुबई के club ने Record बनाया तो इसमें भारत से क्या संबंध? दरअसल, ये record, भारत की प्राचीन मार्शल आर्ट कलारीपयट्टु से जुड़ा है। ये record एक साथ सबसे अधिक लोगों के द्वारा कलारी के प्रदर्शन का है।

3:08 PM · Dec 25, 2022

Dr Jitendra Singh

"पिछले दिनों सूचना और प्रसारण मंत्रालय ने भी मुंबई में, अहमदाबाद में, कोलकता में, शिलांग में, कई शहरों में अपने दफ्तरों में भरपूर प्रयास किया और उसके कारण आज उनको दो-दो, तीन-तीन मंजिलें, पूरी तरह से नये सिरे से काम में आ सके, ऐसी उपलब्ध हो गई।" - पीएम श्री @narendramodi

#MannKiBaat

11:28 AM · Dec 25, 2022

Dr Mansukh Mandeviya

र्योहारों का आनंद लीजिए लेकिन थोड़ा सतर्क भी रहिए। आप भी देख रहे हैं, दुनिया के कई देशों में कोरोना बढ़ रहा है इसलिए हमें मास्क और हाथ धोना जैसी सावधानियों का और ज्यादा ध्यान रखना है।

हम सावधान रहेंगे तो सुरक्षित भी रहेंगे। PM @NarendraModi जी

#MannKiBaat

THAT'S WHY WE HAVE TO BE MORE CAREFUL IN FOLLOWING PRECAUTIONS...

12:42 PM · Dec 25, 2022

Bhupender Yadav

Ever since the country changed the laws related to bamboo, a huge market has developed for it.

PM Shri @narendramodi ji shares an example from Maharashtra.

#MannKiBaat

...THERE ARE SKILLED BAMBOO ARTISANS, SKILLED BAMBOO ARTISTS

2:09 · 1,615 Views

3:08 PM · Dec 25, 2022

घोरहावाघाघा १०११

दुनिया की 25 देशों में भारत को 'मन्नम गंगा' के लिए प्रशंसा पत्रों का भंडार प्राप्त हुआ है। यह प्रशंसा पत्रों का भंडार भारत को 'मन्नम गंगा' के लिए प्रशंसा पत्रों का भंडार प्राप्त हुआ है।



कालाजार और टीबी से मुक्त होने की दिशा में बढ़ रहा भारत : प्रधानमंत्री

प्रधानमंत्री नरेंद्र मोदी ने कहा कि भारत को कालाजार और टीबी से मुक्त होने की दिशा में बढ़ रहा है।



भारत को कालाजार और टीबी से मुक्त होने की दिशा में बढ़ रहा है। प्रधानमंत्री नरेंद्र मोदी ने कहा कि भारत को कालाजार और टीबी से मुक्त होने की दिशा में बढ़ रहा है।

'Namami Gange' helped biodiversity: PM

New Delhi: Prime Minister Narendra Modi in 'Mann Ki Baat' on Sunday highlighted the global appreciation for the country's flagship programme for Ganga rejuvenation which was recently recognised by the UN as one of the 10 ground-breaking efforts from around the world helping in restoring the natural ecosystem.

He said it is proof of the country's "willpower and tireless efforts" and it also shows a new path to the world. "It is a matter of pride for all of us that, today, this initiative of India is getting appreciation from all over the world. The United Nations has included the 'Namami Gange' mission in the world's top ten initiatives to restore the ecosystem," said Modi. The PM gave credit to the people's participation in this programme, calling them the biggest source of energy behind the campaign.

साल 2022 दीर्घां सफलताओं का वर्ष, भारत ने दुनिया में बनाया विशेष स्थान

प्रधानमंत्री नरेंद्र मोदी ने कहा कि 2022 का वर्ष भारत के लिए विशेष रूप से सफलताओं का वर्ष रहा है।

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UN applause for 'Namami Gange' willpower: PM

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साल की अंतिम मन की बात : स्थानीय कला, संस्कृति, शिल्प से मजबूत होगी देश की पहचान एवं अर्थव्यवस्था

2022 बड़ी सफलताओं का वर्ष, भारत ने दुनिया में बनाया विशेष स्थान

प्रधानमंत्री नरेंद्र मोदी ने कहा कि 2022 का वर्ष भारत के लिए विशेष रूप से सफलताओं का वर्ष रहा है।



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आधुनिक चिकित्सा विज्ञान में योग, आयुर्वेद का सम्मिलन

आधुनिक चिकित्सा विज्ञान में योग, आयुर्वेद का सम्मिलन करना योगी का उद्देश्य है।

'मन्नम गंगा' से नदी में जीवनिया सुख रही है

'मन्नम गंगा' से नदी में जीवनिया सुख रही है।

अमृतमहोत्सव, वाजपेयी India switched to self-reliant mode in 2022: PM Modi

प्रधानमंत्री नरेंद्र मोदी ने कहा कि 2022 का वर्ष भारत के लिए विशेष रूप से सफलताओं का वर्ष रहा है।



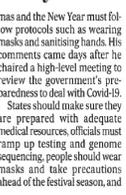
प्रधानमंत्री नरेंद्र मोदी ने कहा कि 2022 का वर्ष भारत के लिए विशेष रूप से सफलताओं का वर्ष रहा है।

India switched to self-reliant mode in 2022: PM Modi

The outgoing year 2022 has been inspirational and wonderful for India, Prime Minister Narendra Modi said on Sunday in his last 'Mann Ki Baat' episode of the year.

'Covid cases up in many nations, be vigilant': Modi in year's last radio talk

प्रधानमंत्री नरेंद्र मोदी ने कहा कि 2022 का वर्ष भारत के लिए विशेष रूप से सफलताओं का वर्ष रहा है।



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कस्तूरिगढ़ सादर केन्द्रों के माध्यम से

कस्तूरिगढ़ सादर केन्द्रों के माध्यम से।

अर्थव्यवस्था में मजबूती

अर्थव्यवस्था में मजबूती।

भारतीय चिकित्सा पद्धतियों की स्वीकार्यता के लिए एम्स की पहल का जिक्र

भारतीय चिकित्सा पद्धतियों की स्वीकार्यता के लिए एम्स की पहल का जिक्र।

many events were organised, he said, citing the Madhavpur Mela in Gujarat and the Kashi-Tan Sangam in Varanasi.

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THE TIMES OF INDIA

India has become 5th largest economy in 2022: PM Modi in last Mann ki Baat of year



Mann ki Baat | Enjoy festivals, but with COVID precautions: Prime Minister Narendra Modi



PM Modi mentions Karnataka palm leather startup in 'Mann Ki Baat'



Mann Ki Baat: PM Modi talks about eradicating 'Kala-Azar'; What is it & What are its symptoms?



'Mann Ki Baat': Art, literature, culture are collective wealth of society, says PM Modi



मन की बात: PM ने सिक्किम के संगे शेरपा का किया जिक्र, कहा- इन्होंने अथक प्रयास से बदल दिया ग्लेशियर लेक का रंग



PM Modi Mann Ki Baat: मन की बात में पीएम मोदी ने सभी को दी स्वदेशी प्रोडक्ट इस्तेमाल करने की सलाह



मन की बात में पीएम मोदी ने कहा- कई देशों में बढ़ रहा कोरोना, रखें खास ख्याल



पीएम ने कहा कि 2022 कई मायनों में प्रेरक और अद्भुत रहा. इस साल भारत ने आजादी के 75 साल पूरे किए और इसी साल अमृत काल का प्रारंभ हुआ.

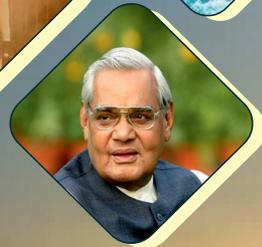
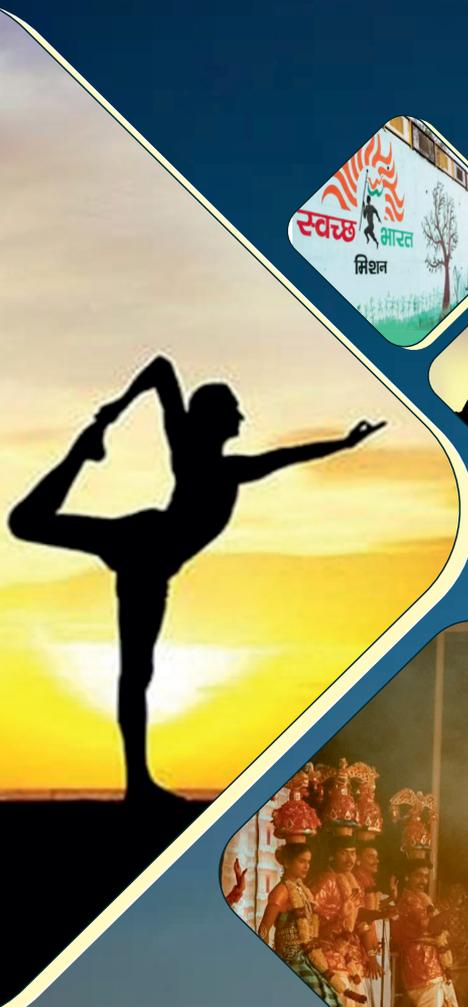


प्रधानमंत्री ने 'मन की बात' में किया पीएम म्युजियम का जिक्र, 5 पाइंट्स में जानिए इसकी खास बातें



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