

DECEMBER 2023

Body & Mind

The Power of a Holistic Approach



MANN KI BAAT

Prime Minister Narendra Modi's Address to the Nation

CONTENTS

01 Prime Minister's Address 1

02 Featured Stories

- 2.1 **India's Journey to Fitness** : From Ancient Wisdom to Modern Initiatives 20

03 In Brief

- 3.1 **India 2023** : Achievements & Transformations 18
- 3.2 **Bhashini** : Bridging the Digital Language Gap in India 32
- 3.3 **Mother Tongue Triumphs** : Kartik Oraon Adiwasi School Champions Kurukh Revival 34
- 3.4 **Legacy of Strength** : The Remarkable Stories of Savitribai Phule and Rani Velu Nachiyar 38
- 3.5 **Folk Fusion** : Celebrating Knowledge and Entertainment in Gujarat's Dairo 40
- 3.6 **Ayodhya Ram Mandir** : Resurrecting Ancient Glory 42

04 Articles

- 4.1 From Stigma to Strength : India's Journey Towards Holistic Mental Healthcare : **Dr. Mansukh Mandaviya** 26
- 4.2 NEP 2020 and Promotion of Indian Languages **Prof. Shailendra Mohan** 36

05 Media Scan 45

Prime Minister's Address



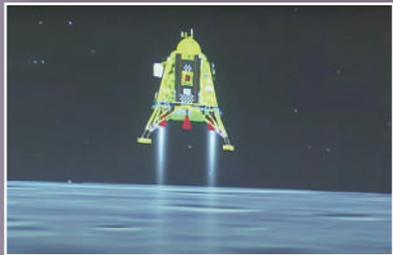
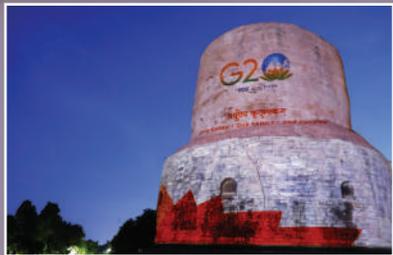
My dear countrymen, Namaskar

My dear countrymen, Namaskar. 'Mann ki Baat' means an auspicious opportunity to meet you, and when you meet your family members, it is so pleasing... so satisfying. This is exactly what I feel after meeting you through 'Mann ki Baat'. And of course today, this is the 108th episode of our shared journey. **For us, the importance of the number 108 and its sanctity is a subject of deep study. 108 beads in a rosary, chanting 108 times, 108 divine sites, 108 stairs in temples, 108 bells, this number 108 is associated with immense faith. That's why, the 108th episode of 'Mann ki Baat' has become all the more special**

for me. In these 108 episodes, we have seen many examples of public participation and derived inspiration from them. Now after reaching this milestone, we have to resolve to move forward afresh, with new energy and at a faster pace. And what a joyous coincidence it is that tomorrow's sunrise will be the first sunrise of 2024 - we would have entered the year 2024. Best wishes to all of you for 2024.

Friends, many people who listened to 'Mann ki Baat' have written letters to me and shared their memorable moments. It is on account of the strength of 140 crore Indians that this year, our country has attained many





special achievements. In this very year, 'Nari Shakti Vandan Act', which has been awaited for years was passed.

Many people wrote letters expressing joy on India becoming the 5th largest economy. Many people reminded me of the success of the G20 Summit.

Friends, today every corner of India is brimming with self-confidence, imbued with the spirit of a developed India; the spirit of self-reliance. We have to maintain the same spirit and momentum in 2024 as well. The record business on Diwali proved that every Indian is giving importance to the mantra of 'Vocal for Local'.

Friends, even today many people are sending me messages pertaining to the success of Chandrayaan-3. I am sure that, like me, you too feel proud of our scientists and especially women scientists.

Friends, when 'Natu-Natu' won the Oscar, the whole country rejoiced with fervour. Who would not have been happy on hearing about the honour accorded to the 'The Elephant Whisperers'? Through them the world saw the creativity of India and understood our bonding with the environment. This year, our athletes also performed marvellously in sports. Our players won 107 medals in Asian Games and 111 medals in Asian Para Games. Indian players won everyone's heart with their performance in the Cricket World Cup. The victory of our women's cricket team in the Under-19 T-20 World Cup is very inspiring. The achievements of players in many other sports added to the glory of the country. Now Paris Olympics will be held in 2024, for which the whole country is encouraging her players.





Friends, whenever we made efforts together, it has had a very positive impact on the development journey of our country. We experienced successful campaigns such as 'Azadi Ka Amrit Mahotsav' and 'Meri Maati Mera Desh'. We are all witness to the participation of crores of people in them. Construction of 70 thousand Amrit Sarovars is also our collective achievement.

Friends, I have always believed that the development of a country which does not give importance to innovation, stops. India, becoming an Innovation

Hub is a symbol of the fact that we are not going to stop. In 2015, we were ranked 81st in the Global Innovation Index – today our rank is 40th. This year, the number of patents filed in India was high, of which about 60 per cent were from domestic funds. This time the highest number of Indian universities have been included in the QS Asia University Rankings. If we start making a list of these achievements, it can never be completed. This is just a glimpse of how effective India's potential is – we have to take inspiration from these successes of the country; these achievements of the people of the country; take pride in them, make new resolves. Once again, I wish you all a very happy 2024.

My family members, we just discussed the hope and enthusiasm about India that pervades everywhere – this hope and expectation is very good. **When India turns developed, the youth will benefit the most. But the youth will benefit more, when they are fit.**



Nowadays we see how much talk there is about lifestyle related diseases, it is a matter of great concern for all of us, especially the youth. For this 'Mann ki Baat', I had requested all of you to send inputs related to 'Fit India'. The response you people have given has filled me with enthusiasm. A large number of startups have also sent me their suggestions on NaMo App; they have discussed many of their unique efforts.

Friends, through India's efforts, 2023 was celebrated as 'International Year of Millets'. This has given a lot of opportunities to the startups working in this field; these include many startups like 'Keeros Foods' started from Lucknow, 'Grandmaa Millets' of Prayagraj and 'Nutraceutical Rich Organic India'. The youth associated with Alpino Health Foods, Arboreal and Keeros Foods are also making new innovations regarding healthy food options. The

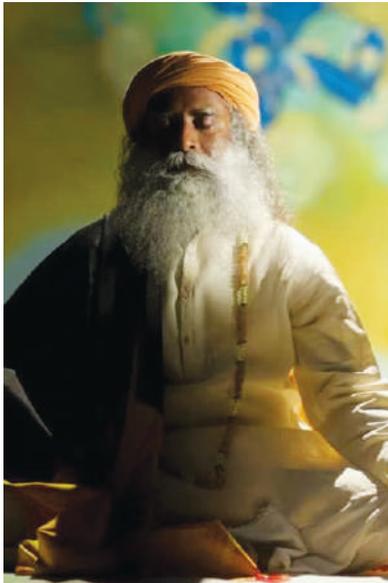
youth associated with Unbox Health of Bengaluru have also expressed how they are helping people in choosing the diet of their liking. The way interest in physical health is increasing, the demand for coaches and trainers related to this field is also rising. Startups like Jogo Technologies are helping to meet this demand.

Friends, today there is a lot of discussion about physical health and well-being, but another important aspect related to it is that of mental health. I am very happy to know that Mumbai-based startups like Infi-Heal and YourDOST are working to improve mental health and well-being. Not only that, today a technology like Artificial Intelligence is also being used for this. Friends, I can mention the names of only a few startups here, because the list is very long. I would urge all of you to keep writing to me about innovative health care startups towards realising the dream of

'Fit India'. I also want to share with you the experiences of well-known people who talk about physical and mental health.

The first message is from Sadhguru Jaggi Vasudev ji.

He will share his views regarding Fitness, especially Fitness of the Mind, i.e., mental health.



Scan QR code to listen to
Sadhguru Jaggi Vasudev

"It is our privilege to talk about mental health in this 'Mann ki Baat'. Mental illnesses and how we keep our neurological system are very directly related. How alert, static free and disturbance

free we keep neurological system will decide how pleasant we feel within ourselves. **What we call as peace, love, joy, blissfulness, agony, depression, ecstasies- all have a chemical and neurological basis. Pharmacology is essentially trying to fix the chemical imbalance within the body by adding chemicals from outside. Mental illnesses are being managed this way but we must realise that taking chemicals from outside in the form of medications is necessary when one is in extreme situation.** Working for an internal mental health situation or working for an equanimous chemistry within ourselves, a chemistry of peacefulness, joyfulness, blissfulness is something that has to be brought into every individual's life; into the cultural life of a society and the nations around the world and the entire humanity. It's very important we understand our mental health, our sanity is a fragile privilege- we must protect it, we must nurture it. For this, there are many levels of practices in the Yogik system completely internalise

processes that people can do as simple practices with which they can bring certain equanimity to their chemistry and certain calmness to their neurological system. The technologies of inner wellbeing are what we call as the Yogik Sciences. Let's make it happen."

Generally, Sadhguru ji is known for presenting his views in such a remarkable way.

Come, now let us listen to the famous cricket player Harmanpreet Kaur ji.



Scan QR code to listen to
Harmanpreet Kaur

"Namaskar I want to say something to my countrymen through 'Mann ki Baat'. Honourable Prime Minister Shri Narendra Modi Ji's 'Fit India' initiative has encouraged me to share my fitness mantra with all of you. My first suggestion to all of you is 'one cannot outrun a bad diet'. This means that you have to be very careful about when you eat and what you eat. Recently, Honourable Prime Minister Modi ji has encouraged everyone to eat pearl millet. Which increases immunity and helps in sustainable farming and is also easy to digest. Regular exercise and full sleep of seven hours is very important for the body and helps in staying fit. This will require a lot of discipline and consistency. When you start getting results, you will start exercising yourself daily. Many thanks to the Honourable Prime Minister for giving me the opportunity to talk to you all and share my fitness mantra."

The words of a talented player like Harmanpreet ji will definitely inspire you all.

Come, listen to Grandmaster Vishwanathan Anand ji. We all know how important mental fitness is for our game of 'Chess'.



Scan QR code to listen to

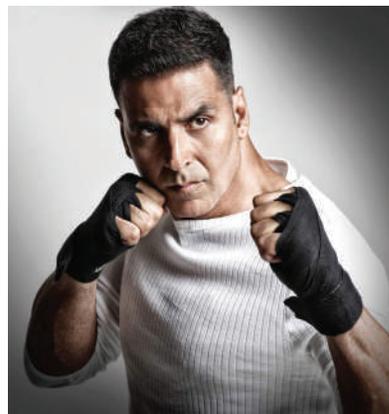
Vishwanathan Anand

“Namaste,IamVishwanathan Anand, you have seen me play Chess and very often I am asked, what is your fitness routine? Now Chess requires a lot of focus and patience, so I do the following which keeps me fit and agile. I do yoga two times a week, I do cardio two times a week and two times a week, I focus on flexibility, stretching, weight training, and I tend to take one day off per week. All of these are very important for Chess. You need to have the stamina to last six or seven hours of intense mental effort, but you also need to be flexible to able to sit comfortably and the ability to regulate your breath to calm

down is helpful when you want to focus on some problem, which is usually a Chess game. My fitness tip to all ‘Mann ki Baat’ listeners would be to keep calm and focus on the task ahead.

The best fitness tip for me absolutely the most important fitness tip is to get a good night sleep. Do not start sleeping for four and five hours a night, I think seven or eight is an absolute minimum so we should try as hard as possible to get good night sleep, because that is when the next day you are able to get through the day in calm fashion. You don't make impulsive decisions; you are in control of your emotions. For me sleep is the most important fitness tip.”

Come, now let's listen to Akshay Kumar ji.



Scan QR code to listen to Akshay Kumar

“Hello, I am Akshay Kumar. First of all, I would like to thank our respected Prime Minister for getting me a little chance to share my thoughts with you in his 'Mann ki Baat'. **You guys know that much as I am passionate about fitness, I am even more passionate about staying fit in a natural way.** What I like more than a fancy gym, is swimming outside, playing badminton, climbing stairs, exercising with a mugdar club bell, eating good healthy food... like I believe that pure ghee if eaten in right quantity is beneficial for us. But I see that many young boys and girls do not eat ghee because they fear that they might become fat. It is very important that we understand what is good and what is bad for our fitness. You should change your lifestyle on the advice of doctors and not by looking at the body of a film star. Actors are often not what they look like on screen. Many types of filters and special effects are used and after seeing them, we

start using wrong shortcuts to change our body. Nowadays, so many people take steroids and go for this six pack or eight pack. Friend, with such shortcuts the body swells from outside but remains hollow from inside. You guys remember that shortcut can cut your life short. You don't need a shortcut, you need long lasting fitness. **Friends, fitness is a kind of penance.** It is not instant coffee or two-minute noodles. In this New Year, promise yourself... no chemicals, no shortcut exercise, yoga, good food, sleeping on time, some meditation and most importantly, happily accept the way you look. **After today, don't live a filter life, live a fitter life.** Take care. Jai Mahakal.”

There are many other startups in this sector, so I thought of discussing it with a young startup founder who is doing excellent work in this field.





Scan QR code to listen to
Rishabh Malhotra

"Hello, my name is Rishabh Malhotra and I am from Bengaluru. I am very happy to know that fitness is being discussed in 'Mann ki Baat'. I myself belong to the world of fitness and we have a startup in

Ancient echoes, modern voices

The resurgence of India's linguistic heritage

Bengaluru named 'Tagda Raho'. Our startup has been created to bring forward the traditional exercises of India. **There is a very amazing exercise in the traditional exercises of India which is 'Gada Exercise' and our entire focus is on Mace and Mugdar exercise only. People are surprised to know how you do all the training with a mace. I would like to tell you that mace exercise is thousands of years old and it has been practised in India for thousands of years.** You must have seen it in big and small akhadas and through our startup we have brought it back in a modern form. We have received a lot of affection from the entire country and a very good response. Through 'Mann ki Baat' I would like to tell you that apart from this, there are many ancient exercises in India and methods related to health and fitness, which we should adopt and teach further in the world. I am from the world of fitness, so I would like to give you a personal tip. With mace exercise you can improve your strength, power, posture and even your breathing, so adopt mace exercise and take it forward. Jai Hind."

Friends, everyone has expressed one's own views but everyone has the same mantra – 'Stay Healthy, Stay Fit'. What could be a bigger resolve than your own fitness to start 2024?

My family members, a few days ago, an experiment took



place in Kashi, which I want to share with the listeners of 'Mann ki Baat'. You know that thousands of people had reached Kashi from Tamil Nadu to participate in the Kashi-Tamil Sangamam. There I publicly used the Artificial Intelligence (AI) tool 'Bhashini' for the first time to communicate

with them. I was addressing from the stage in Hindi but through the AI tool 'Bhashini', the people of Tamil Nadu present there were listening to my address in Tamil language simultaneously. People who came to the Kashi-Tamil Sangamam seemed very excited about this experiment. The day is not far when an address will be delivered in one language and the public will listen to the same speech in their own language in real time. The same will happen with films also when the public will listen to real time translation with the help of AI in the cinema hall. You can imagine how big a change would take place when this technology starts being widely used in our schools, our hospitals, our courts. I would urge today's young generation to further explore AI tools related to real time translation and make them 100% foolproof.

Friends, in the changing times, we have to save our

languages and also promote them. I now want to tell you about a tribal village in Jharkhand. This village has taken a unique initiative to provide education to its children in their mother tongue. Children are being imparted education in Kurukh language in Manglo village of Garhwa district. The name of this school is, 'Kartik Oraon Adiwasi Kurukh School'. 300 tribal children study in this school. Kurukh language is the mother tongue of the Oraon tribal community. Kurukh language also has its own script, which is known as Tolang Siki.

This language was gradually becoming extinct; to save it, this community has decided to educate children in their own language. Arvind Oraon, who started this school, says that the tribal children had difficulty in English language, so he started teaching the village children in their mother tongue. When his efforts started yielding better results, the villagers

also joined him. On account of studies in their own language, the pace of children's learning also increased. In our country, many children used to leave studies midway due to language difficulties. The new National Education Policy is also helping in eliminating such hardships. It is our endeavour that language should not become a hindrance in the education and progress of any child.

Friends, the extraordinary daughters have filled our Bharat Bhoomi with pride in every era. Savitribai Phule ji and Rani Velu Nachiyar ji are two such luminaries of the country. Their personality is like a lighthouse, which will continue to show the way to further woman power in every era. Just a few days from now, on January 3, we will all celebrate the birth anniversaries of the two. As soon as the name of Savitribai Phule ji is mentioned, the first thing that strikes us is her contribution in the field of education and social reform. She always

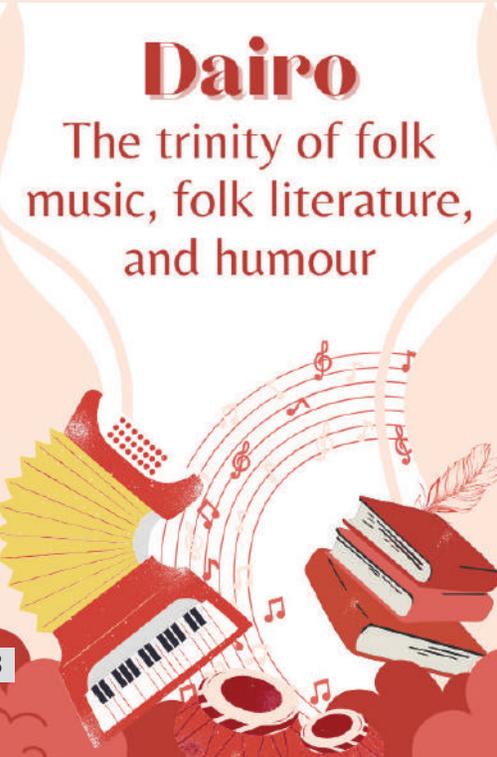
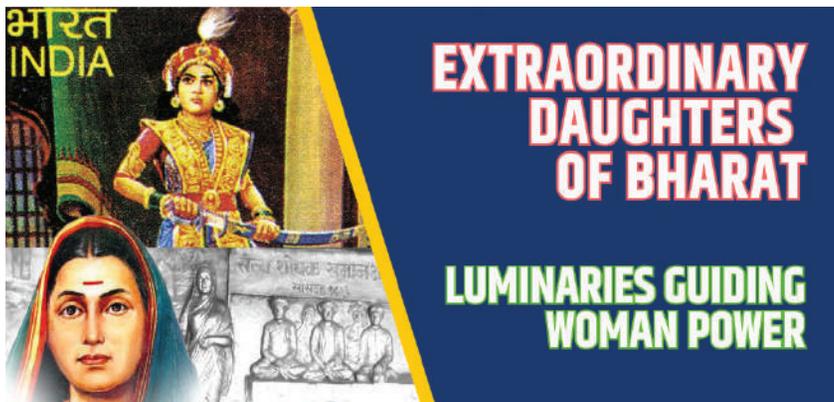
raised her voice strongly for the education of women and the underprivileged. She was far ahead of her time and always remained vocal in opposing wrong practices.

She had deep faith in the empowerment of society through education. Along with Mahatma Phule ji, she started many schools for daughters. Her poems used to raise awareness and fill self-confidence amongst people. She always urged people to help each other in need and also live in harmony with nature. The magnitude of her kindness cannot be summed up in words. When a famine struck in Maharashtra, Savitribai and Mahatma Phule opened the doors of their homes to help the needy. Such an example of social justice is rarely seen. When the dreadful plague had spread there, she threw herself into the service of the people. During all this, she herself fell prey to this disease. Her life dedicated to humanity is still inspiring all of us.

Friends, the name of Rani Velu Nachiyar is also one among the many great personalities of the country who fought against foreign rule. My brothers and sisters of Tamil Nadu still remember her by the name of Veeramangai i.e. brave woman. The bravery with which Rani Velu Nachiyar fought against the British and the valour she displayed is very inspiring. Her husband, was killed by the British during their attack on the Sivagangai kingdom, who

was the king there. Queen Velu Nachiyar and her daughter somehow escaped from the enemies. She relentlessly remained busy for many years in building an organisation and raising an army with the Marudu Brothers i.e. her commanders. She started the war against the British with full preparation and fought with great courage and determination. The name of Rani Velu Nachiyar is included among those who formed an All-Women Group for the first time in their army. I offer my tributes to these two brave women.

My family members, there is a tradition of Dairo in Gujarat. Throughout the night, thousands of people join Dairo and acquire knowledge along with entertainment. In this Dairo, the



trinity of folk music, folk literature and humour fills everyone's mind with joy. Bhai Jagdish Trivedi ji is a famous artist of this Dairo. As a comedian, Bhai Jagdish Trivedi ji has maintained his influence for more than 30 years. Recently, I received a letter from Bhai Jagdish Trivedi ji and along with it he has also sent one of his books. The name of the book is – Social Audit of Social Service. This book is very unique. With accounts in it, this book is a kind of balance sheet. The complete account of how much income Bhai Jagdish Trivedi ji received from particular programmes in the last six years and where it was spent is given in the book. This Balance Sheet is unique because he spent his entire income, every single rupee, for the society – School, Hospital, Library, institutions related to disabled people, social service – the entire six years are accounted for. As it is written at one place in the book, in 2022, he earned two crore thirty five lakh eighty nine thousand six hundred seventy four rupees from his programmes. And he spent two crore thirty five lakh eighty nine

thousand six hundred seventy four rupees on School, Hospital, Library. He did not keep even a single rupee with himself. Actually, there is an interesting incident behind this also. It so happened that once Bhai Jagdish Trivedi ji said that when he turns 50 in 2017, he will not take home the income from his programmes but will spend it on society. Since 2017, he has spent approximately Rs 8.75 crore on myriad social work. A comedian, with his words, compels everyone to laugh. But how many emotions he lives within, this can be seen from the life of Bhai Jagdish Trivedi ji. You will be surprised to know that he also has three PhD degrees. He has written 75 books, many of which have received acclaims. He has also been honoured with many awards for social work. I wish Bhai Jagdish Trivedi ji all the best for his social work.

My family members, there is excitement and enthusiasm in the entire country in connection with the Ram Mandir in Ayodhya. People are expressing their feelings in a

Ayodhya Resurrecting Ancient Glory

multitude of ways. You must have noticed that during the last few days, many new songs and new bhajans have been composed on Shri Ram and Ayodhya. Many people are also writing new poems. There are many experienced artists in it and new emerging young artists have also composed heart-warming bhajans. I have also shared some songs and bhajans on my social media. It seems that the art world is becoming a participant in this historic moment in its own unique style. One thing comes to my mind... could we all share all such creations with a common hash tag? I request you to share your creations on social media with the hashtag Shri Ram Bhajan (#ShriRamBhajan). This compilation will turn into a flow of emotions and devotion in which everyone will be immersively imbued with the ethos of Ram.

My dear countrymen, that's all with me today in 'Mann ki Baat'. 2024 is just a few hours

away. India's achievements are the achievements of every Indian. We have to continuously work for the development of India keeping in mind the Panch Pran. Whatever work we do, whatever decision we make, our first criterion should be... what the country will get from it; what benefit it will bring to the country. Rashtra Pratham – Nation First – There is no greater mantra than this. Adhering to this mantra, we Indians will make our country developed and self-reliant. May you all reach new heights of success in 2024, may you all stay healthy, stay fit, stay immensely happy – this is my prayer. In 2024, we will once again discuss the new achievements of the people of the country.

Thank you very much.

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



Rashtra Pratham





MANN KI BAAT

Special Mentions by Prime Minister

India 2023

Achievements & Transformations

In the 108th episode of 'Mann ki Baat', the Prime Minister expressed his happiness over receiving numerous letters from the listeners of the radio programme, recounting their memorable moments of 2023. He congratulated the citizens of India for attaining these special achievements. Let's take a peek.

CHANDRAYAAN 3

The triumphant landing of Chandrayaan-3 on the South Pole of the Lunar surface marked another milestone in India's space exploration. Notably, the mission was steered by talented women scientists, underscoring their pivotal role in India's space endeavours and breaking barriers in the traditionally male-dominated field.

INDIA'S G20 PRESIDENCY

Under India's G20 Presidency, the nation showcased adept leadership, fostering global cooperation amidst challenges. A historic takeaway was the inclusion of the African Union as a permanent member of the bloc. It was a presidency of many firsts — Global Biofuel Alliance, India-Middle East-Europe Economic Corridor, first-ever 'Voice of the Global South' Summit, Startup 20, Disaster Risk Reduction Working Group.

INDIA @ OSCARS

Indian films made history at the 95th Academy Awards securing two wins for the country. SS Rajamouli's RRR's song Natu Natu won the Oscar for 'Best Original Song' and Kartiki Gonsalves' short documentary The Elephant Whisperers won in its category as well.

NARI SHAKTI VANDAN ACT

India's Nari Shakti Vandan Act, a historic step for women empowerment, will unleash a new era of inclusive governance undoing major hindrance in the participation of women in policy and law-making. It seeks to reserve 33 per cent seats for women in Lok Sabha and State Assemblies.

5TH LARGEST ECONOMY

India's economy is now the fifth largest in the world. India is projected to overtake Japan and Germany to become the world's third-largest economy around 2030 and the US by 2048 when it will become the world's second-largest economy behind China.

YOUTH & INNOVATION

India is emerging as an Innovation Hub. From our Global Innovation Index ranking of 81st (2015), we have surged to the 40th position. 2023 witnessed a substantial increase in patent filings, with around 60% originating from domestic sources. A record number of Indian universities secured positions in the prestigious QS Asia University Rankings.

SPORTS

Indian athletes showcased exemplary prowess in sports, securing 107 medals in the Asian Games and 111 in the Asian Para Games. The nation celebrated our women's cricket team's triumph in the Under-19 T-20 World Cup, along with commendable achievements across various other sporting disciplines, enhancing India's sporting prestige.



India's Journey to Fitness

From Ancient Wisdom to Modern Initiatives

“When India turns developed, the youth will benefit the most. But the youth will benefit more, when they are fit. ‘Stay Healthy, Stay Fit’. What could be a bigger resolve than your own fitness to start 2024?”

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

“Under the leadership of Prime Minister Shri Narendra Modi, the focus on long-term investment in health infrastructure and workforce development is evident. The Government has taken multiple steps in the past decade to improve the mental health of the country. As compared to a decade earlier, the overall access and reach for accessible and affordable mental healthcare has improved leaps and bounds.”

–Dr. Mansukh Mandaviya
Union Minister for Health &
Family Welfare

It is no secret that being fit is the keystone in the overall well-being of an individual. There are two fundamental dimensions to health—physical fitness and mental fitness. Both factors are equally important and one cannot co-exist without the other.

India is a land of ancient wisdom which recognises the importance of fitness. Among other things, sages and scholars of ancient India delved into both these realms of physical and mental health, developing and consecrating the practices of yoga and meditation. These have been passed down for generations in India. But over the years, as more Indians moved towards sedentary lifestyles, less importance was given to the rich legacy of spirituality. Lifestyle diseases like obesity, stroke, heart ailments, and others started to affect more and more Indians.

While India marches towards progress, the Government under the leadership of Prime Minister Narendra Modi, is increasingly recognising the

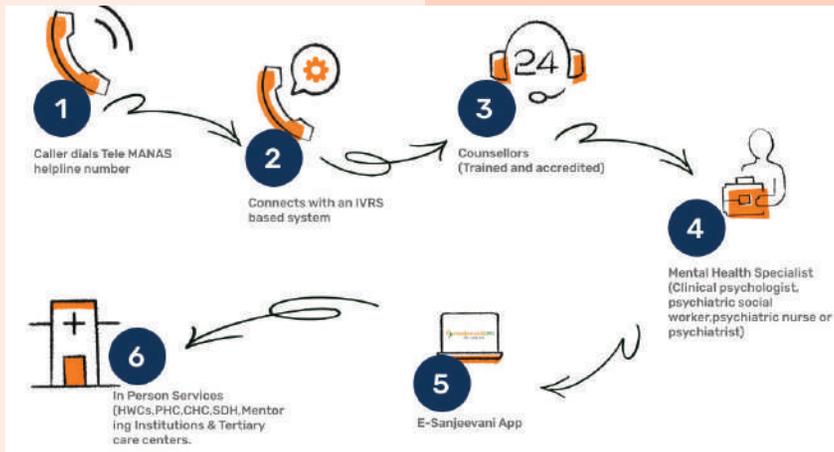
importance of holistic well-being, encompassing both physical and mental health. In the 108th episode of ‘Mann Ki Baat’, the Prime Minister spoke of the importance of keeping one’s physical and mental faculties fit and free of diseases. He specially called upon the youth to actively participate in sports and other physical activities like Yoga. In his address, the Prime Minister raised concerns about lifestyle related diseases calling it a “matter of great concern”. He also lauded the high degree of citizen participation in the ‘Fit India’ movement.

The ‘Fit India’ movement was launched by the Prime Minister in August 2019 with a mission to inculcate a culture of imbuing bodily and mental fitness in the

daily lifestyle regimen of Indians, especially among the youth. The Government’s adage, ‘RUNNING: The human body’s rawest form of FREEDOM’, used for the ‘Fit India Freedom Run’, has resonated with Indians. In the three ‘Fit India Freedom Runs’ organised in 2020, 2021, and 2023, over seven crore citizens participated. ‘Fit India’ has now become a national movement. Its vision to create a fit society of individuals, who are in complete control of their bodily and mental faculties is the most crucial foundation to create the India of our dreams brimming with prosperity where citizens are content and healthy.

It would not be a stretch to say that India is now on the course of being a sporting powerhouse, with the country





winning 107 medals in the Asian Games and 111 medals in the Asian Para Games, with the latter becoming the largest medal haul in Indian history. Efforts have also been taken by the Government of India towards developing sporting infrastructure, especially at the grassroots, along with initiatives like 'Khelo India'.

The need to prioritise mental well-being alongside physical health has also come to the forefront in recent years. The Standing Committee on Health and Family Welfare, in a 2023 report, recognised that issues related to mental health have been on the rise. This has been especially evident in the post-Covid era. Whereas legislations such as Mental Healthcare Act, 2017 seek to address such challenges, the Committee points out that India has only

0.75 psychiatrists per one lakh people. This necessitates improvements in mental health support in the country.

In order to institute a holistic framework of providing mental healthcare services, the Government has added mental health services under the Comprehensive Primary Health Care package under Ayushman Bharat – HWC Scheme.

The importance of maintaining a healthy mind also found a place in the Union Budget in 2022 when Finance Minister Nirmala Sitharaman announced the 'National Tele Mental Health Programme'. Also dubbed as 'Tele MANAS', this programme aims to further improve access to quality mental health counselling and care services throughout India. Since its operational launch in October 2022, at least 36 such

centres have been erected across 25 states and UTs. The Government has sanctioned the execution of the District Mental Health Mission component to 716 districts. The Government's resolve has been to strengthen and ensure delivery of the National Mental Health Mission down to the grassroots level.

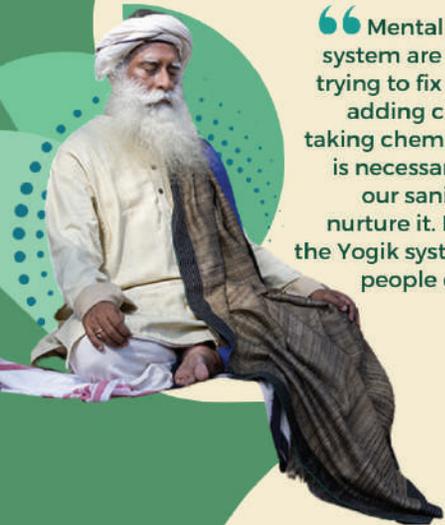
Yoga, which is often considered to be the path to connect one's mind with the body, is one of India's greatest legacies which it has given to the world. Rediscovering India's inheritance, as well as embracing the philosophy of 'Vasudhaiva Kutumbakam,' India took its tradition of Yoga to a global scale where the UN declared in 2015, the 21st of June as 'International Yoga Day'.

As the pithy aphorism goes, 'Health is Wealth'. The Government realises this and has charted a course to take India to new heights of a consummately developed and healthy society that benefits citizens in the most innate sense of existence. Once this security of lifestyle and fitness is achieved, India will scale unprecedented heights.



THE MANTRA FOR ALLROUND FITNESS

The 108th episode of 'Mann ki Baat' shed a spotlight on the imperative of being fit. Having shared his thoughts on not only being physically fit but also taking care of our mental well-being, Prime Minister Narendra Modi opened the stage for some of the celebrated public figures, internationally acclaimed for their influence in the fields of spirituality, sports, and films, to articulate their definition of having a fit body and mind. Here's what they said:



“Mental illnesses and how we keep our neurological system are directly related. Pharmacology is essentially trying to fix the chemical imbalance within the body by adding chemicals from outside. We must realise that taking chemicals from outside in the form of medication is necessary for extreme situations. Our mental health, our sanity is a fragile privilege; we must protect and nurture it. For this, there are many levels of practices in the Yogik system - completely internalised processes that people can do as simple practices to bring a certain calmness to their neurological system. Let's make it happen.”

Sadhguru Jaggi Vasudev,
Spiritual Guru



“My first suggestion to all of you is 'one cannot outrain a bad diet'. This means that you have to be very careful about when you eat and what you eat. Recently, Honourable Prime Minister Modi ji has encouraged everyone to eat pearl millet, which increases immunity and helps in sustainable farming and is also easy to digest. Regular exercise and full sleep of 7 hours is very important for the body and helps in staying fit. This will require a lot of discipline and consistency. When you start getting results, you will start exercising yourself daily.”

Harmanpreet Kaur, Indian
Women's Cricket Team Captain



“Chess requires a lot of focus and patience. I do yoga twice a week, cardio twice a week, focus on flexibility, stretching, and weight training twice a week, with usually a day off per week. All of these are imperative for the game. You need to have the stamina to last 6 or 7 hours of intense mental effort, but you also need to be flexible to be able to sit comfortably. The ability to regulate your breath to calm down is helpful when you want to focus on some problem. The best fitness tip for me is to get a good night's sleep. I think seven or eight hours is an absolute minimum so that you can calmly get through the day.”

Vishwanathan Anand, Indian
Chess Grandmaster



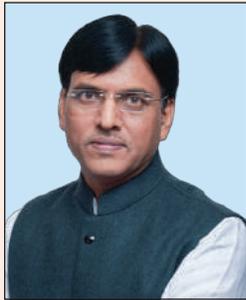
“Although I am passionate about fitness, I am even more passionate about staying fit naturally. What I like more than a fancy gym, is swimming outside, climbing stairs, exercising with a mudgar club bell, and eating healthy food. We must understand what is good and bad for our fitness. Actors are often not what they look like on-screen. Many filters and special effects are used, after which, we resort to wrong shortcuts to change our bodies. Nowadays, so many people use steroids to achieve six-pack or eight-pack. With such shortcuts, the body swells from the outside but remains hollow from the inside. Fitness is a kind of penance. This New Year, promise yourself- no chemicals, no shortcuts, only yoga, good food, sleeping on time, some meditation and most importantly, being happy with the way you look. Don't live a filter life, live a fitter life.”

Akshay Kumar, Indian Film Actor



From Stigma to Strength

India's Journey Towards Holistic Mental Healthcare



Dr. Mansukh Mandaviya
Union Minister for Health &
Family Welfare

To shape a brighter future for mental healthcare in the country, Prime Minister Narendra Modi in his 108th episode of 'Mann ki Baat' has emphasised the importance of physical health and well-being, specifically that of mental health. He has highlighted the newer innovations and the significance of artificial Intelligence.

The onset of the Covid-19 pandemic exacerbated the mental health burden and in the third year of the pandemic, the undeniable impact on mental health underscores the need for comprehensive initiatives. Social determinants, including stigma, denial, and lack of awareness, present significant obstacles for mental health patients. It is imperative to view mental health issues such as depression and stress as treatable diseases.

Addressing the critical gap in infrastructure and trained human resources is essential.

Recognising the global significance of mental health, the World Health Organisation incorporated it into the Sustainable Development Goals and launched the 'WHO Special Initiative for Mental Health (2019–23)'. In India, the National Mental Health Programme was initiated in 1982. Despite these efforts, a divide in access to mental healthcare persisted across the country.

Recent advances in medicine, healthcare, and digital technology have paved the way for transformative changes in healthcare. Under the leadership of Prime Minister Shri Narendra Modi, the focus on long-term investment in health infrastructure and workforce development is evident.

The Government has taken multiple steps in the past decade to improve the mental health of the country. As compared to a decade earlier, the overall access and reach for accessible and affordable mental healthcare has improved by leaps and bounds. For example, the National Mental Health Programme is operational in more than 700 districts of the country, where specialist care is available in the district headquarters.

All 22 AIIMS have well established Departments of

Psychiatry to cater to the local mental health needs. Recently, the Government has started digital academies in mental health institutes, including NIMHANS, CIP Ranchi, and LGB institute, Tezpur. The objective of these digital academies is to exponentially increase the mental health human resources including medical officers, psychologists, social workers and nurses.

The Government has brought out the National Mental Health Policy in 2014 which acknowledges the significance and importance of relevant and useful local knowledge and practices. It is inclusive in nature and incorporates an integrated participatory, rights and evidence-based approach. Mental Healthcare Act, 2017 is a progressive and rights-based act to provide for mental healthcare and services for persons with mental illness and to protect, promote and fulfil the rights of persons during delivery of mental healthcare and services. This act paves way to expand the mental healthcare service delivery and ensures essential services for all with mental ailments in the country. Several obligations are cast upon the states to make available basic services at doorsteps, to reduce the burgeoning treatment gap. Now, health insurance is also covered.

Considering the need for the comprehensive primary Health care, mental health is now included as one of the 12 Packages under the

AYUSHMAN BHARAT Arogya Mandir Scheme.

Most recently, India has launched the 'National Tele Mental Health Programme' (Tele MANAS), which seeks to connect an individual with mental health issues with a range of mental health professionals via the 24x7 Toll free Tele Manas helpline (14416). It is a testament to the efficacy and uptake of the Tele Manas Helpline that the number of consultations on the system has shown a consistent upward trend and has received more than 5,80,000 calls since its launch, available in 20 languages with proportionality higher numbers seeking services falling in the age group 18–24 years.

Preventive and promotive Mental Health is one area where there is a large scope for AYUSH interventions. We need to scale up the awareness and garner a Jan Andolan movement to get people to appreciate the importance of a healthy mind residing in a health fit body, and therefore, participate and engage in these programmes so that the stigma about mental health reduces. I am confident that the above policies and Programme will result in optimal mental health of the population that is imperative and indispensable to achieve the aim of Viksit Bharat.

Tele MANAS

LAUNCHED ON
10 OCTOBER
2022



Achieving Fitness The Indian Way

In the 108th edition of 'Mann ki Baat', Prime Minister Narendra Modi stressed on the importance of physical and mental health. Not only this, he sincerely urged the entire nation to trace back to its roots and explore the richness of the traditional exercises that India is home to. Here are some of the traditional fitness practices and tools to achieve overall wellbeing :

GADA

Also known as the Indian mace, the Gada, is a traditional weapon and training tool originating from India. It comprises a heavy spherical head made of materials like stone, iron, or cement, attached to a long handle that is usually fashioned out of bamboo or metal. The distinctive swinging techniques, like the Rumali or Head Move, involve swinging the Gada in specific arcs to generate momentum and engage various muscle groups, particularly the grip, back, shoulders, and core.

MUGDAR

The mugdar is a traditional Indian fitness tool, akin to a mace, characterised by a heavy head and a long handle. Originally crafted from wood, these tools could also be fashioned from materials like iron or other metals. They serve as a comprehensive tool for building strength, endurance, coordination, balance, and flexibility.

DAND (PUSH-UPS)

Dand refers to a bodyweight exercise originating from traditional Indian physical culture. Also known as push-ups or dand-baithak, it is a dynamic movement that engages multiple muscle groups simultaneously. Unlike traditional push-ups that primarily target the chest, shoulders, and triceps, dand involves a more complex motion that engages the upper body, core, and lower body muscles.



YOGA

Yoga is a holistic practice originating from ancient India that involves physical postures (asanas), breath control (pranayama), and meditation or concentration techniques. It aims to promote physical, mental, and spiritual well-being. The different poses of Yoga range from gentle stretches to challenging positions, aiming to enhance flexibility, strength, balance, and alignment.



Echoing the Prime Minister's call for this retrospection was **Rishabh Malhotra**, Founder of the startup **Tagda Raho**, who was invited by the Prime Minister to share his thoughts in 'Mann ki Baat'. He spoke about the need to shift our focus to these ancient practices for a healthy body and mind.

“

I am elated to learn about the discussion of fitness in 'Mann ki Baat'. I belong to the world of fitness and we have a start-up in Bengaluru named 'Tagda Raho', to bring forth the traditional exercises of India. There is an amazing Indian exercise, known as the 'Gada' (mace) exercise. The mace has been practised in India for thousands of years. You must have seen it in big and small akhadas, and through our start-up we have brought it back in a modern form. Through 'Mann ki Baat' I would like to tell you that apart from this, there are many ancient exercises in India and methods related to health and fitness, which we should adopt and teach further to the world. I am from the world of fitness, so I wish to give you a personal tip. With mace exercise, you can improve your strength, power, posture and even your breathing.



”



Prime Minister Narendra Modi
(in 108th 'Mann ki Baat')



Through India's efforts, 2023 was celebrated as the International Year of Millets. This has given a lot of opportunities to the startups working in this field; these include many startups like 'Keeros Foods' (Lucknow), 'Grandmaa Millets' (Prayagraj). Alpino Health Foods, Arboreal are making new innovations regarding healthy food options. Unbox Health (Bengaluru) are helping people in choosing the diet of their liking. The demand for coaches and trainers related to this field is also rising. Startups like Jogo Technologies are helping to meet this demand. Mumbai-based startups like Infiheal and YourDOST are working to improve mental health and well-being.

In the 108th episode of 'Mann ki Baat', Prime Minister Narendra Modi spoke about the imperative of consuming a balanced and healthy diet in conjunction with mental and physical exercises. In consonance with the Prime Minister's vision as outlined in 'Mann ki Baat', numerous wellness startups have undertaken various efforts to introduce products catering to mental well-being along with physical wellness. Let us hear what some of the founders of these startups have to say.

Ravinder Singh
Founder, Grandmaa Millets



During an action research project that required me to inhabit with the tribals of Chhattisgarh, I observed how they embraced a natural way of life. Upon returning to the city, specifically Prayagraj, I noticed a prevalence of diseases in the community, including diabetes, cancer, and heart problems. This realisation, coupled with my mother's cancer diagnosis, led me to believe that our food might be deficient, particularly due to the chemical processes involved in the production. Motivated to ensure the production of pure and healthy products, I established an industry in 2017. Over the past five years, my team, primarily comprising women, have expanded our presence nationwide. In 2019, we diversified our product line to include multigrain flour, noodles, pasta, and millet-based snacks. Our goal is to make these healthy snacks a staple in every household.



YOUTH-LED STARTUPS REVOLUTIONISING PHYSICAL AND MENTAL WELLNESS

Srishti Srivastava
Founder, Infiheal



Since a very young age, I suffered from anxiety and was socially very awkward. In order to deal with this, I resorted to therapy. However, I realised what a gruelling experience it is to find the right therapist for you, and that technology could have made the process much easier. Moreover, it also struck me that seeking veritable information about mental health is also important. That's when the idea of Infiheal occurred to me, i.e. psychology powered by generative AI, a solution that is both affordable and accessible to over 100 million Indians suffering from chronic and acute mental health conditions.



Richa Singh
CEO & Co-founder, YourDOST



Earlier, despite having access to counsellors and psychologists, many people refrained from seeking help because of the stigma attached to this topic because they equated mental wellness with mental illness. That was what intrigued me into knowing more about the subject. I did some background work for 7-8 years before officially starting YourDOST, delving into how counselling and psychology work and the hindrances that people face while seeking support. Eventually, I thought of combining technology and psychology, so that people could find help at their fingertips. That's how YourDOST came into being, fostering a safe space for people to actually connect and share their emotions without any hesitation.



Your DOST

Sachin Sahni
Co-founder, Keeros Foods



We were on cloud nine when we heard the Prime Minister give us a mention. We are India's certified first diabetic friendly snacks brand. Most people are unaware but all millets are diabetic friendly. They don't raise sugar levels and are a healthy food source for vitamins and minerals too. India's efforts led to the observance of the International Year of Millets. I feel the popularity of millets will only rise, and this factor of preventive healthcare, preventing people from contracting diabetes, will definitely benefit the public. We discovered that people will not consume foods only in the name of them being healthy, unless it tastes good. This is the only advice I have for other healthy food companies.





BHASHINI

BRIDGING THE DIGITAL LANGUAGE GAP IN INDIA



"I was addressing from the stage in Hindi but through the AI tool Bhashini, the people of Tamil Nadu present there were listening to my address in Tamil language simultaneously."

- PM Narendra Modi (in 'Mann ki Baat' address)

In 2022, India launched Bhashini, an AI translator for Indian languages. PM Modi used it at a speech to translate Hindi to Tamil live, showcasing its potential to break language barriers and empower Indian language use online. This pioneering AI tool aims to bridge diverse languages and promote digital inclusion.



Amitabh Nag
CEO, BHASHINI

IMPACT OF BHASHINI

- Real-time translation enabling wider audiences to engage with information in their preferred language
- Accessible education to translate educational materials for diverse learners, improving access to quality education across regions
- Promoting citizen participation in governance and strengthens local democratic processes
- Preservation and appreciation of indigenous languages and cultures, contributing to India's rich linguistic heritage



It's an honour that PM Modi used AI Bhashini, mentioned it in his Mann ki Baat address and urged other people to use it. Our charter is to make all kinds of translation available in 22 languages. Currently we translate audio in 12 languages, text in 22 languages and optical character recognition we translate about 14 languages. We envision to empower a multilingual society with making digital payments, meetings, collaborations etc in respective Indian languages. We've collaborated with the Ministry of Agriculture to develop Kisan e-mitra for farmers to raise and resolve payment queries through audio chatbot which may prove to benefit about 9 lac people. We've also collaborated with RBI Innovation Hub to launch a Public Tech Platform for Frictionless Credit where farmers can get innovative solutions in payments, credit, and other financial activities by easily translating documents online and receiving credit from the banks.





Mother Tongue Triumphs

Kartik Oraon Adiwasi School Champions Kurukh Revival



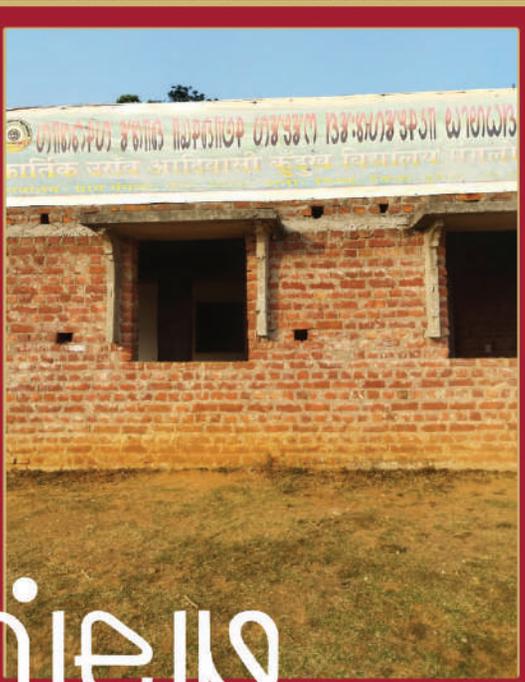
Beti Bachao, Beti Padhao, an initiative continuously fostered by the Government, champions the girl child, empowering her through education and health, and investing in her future because nurturing its daughters is nurturing the nation's potential. India is rising with the progress of every girl. Following this thought and the meticulous efforts to revive the gradually becoming extinct Kurukh language, Arvind Oraon set up the Kartik Oraon Adiwasi Kurukh School in his village Manglo in Garhwa district of Jharkhand.

Since its inception in 2008, 300 students from tribal communities are learning Mathematics, English, and Hindi, along with their mother tongue. The school has been built on about 4,000 square feet of land that was collectively donated by the local villagers. Located about 200 kilometres from the State capital Ranchi, the school has students from classes one to eight.

Kurukh language, also known as Kurux, Oraon or Uranw, is an endangered tribal language of the Dravidian family and is spoken by the people of the Oraon tribe who are spread across Jharkhand, Chhattisgarh, Odisha, West Bengal, and parts of Assam, Bihar, and Tripura. It also has its own script known as Tolang Siki.

Students at the Kartik Oraon Adiwasi Kurukh School enjoy the experience of learning in their mother tongue. The students grasp concepts faster when things are taught in their indigenous

language. Fuelled by the vibrant Kurukh, the village is witnessing the inspiring rise of its girls, who in turn are nurturing the very future of their community.



ᱫᱷᱟᱱ
ᱫᱷᱟᱱ

My sister, despite lacking formal education until the age of 15-16 due to frequent migrations, inspired me deeply when she approached me with a yearning for education. Touched by her determination, I decided to start an initiative in our village. Witnessing the near extinction of our Kurukh language was another driving force. Our villagers rallied behind us. With heartfelt donations and unwavering support, we established schools to revitalise our language. Hearing the Prime Minister mention similar initiatives today fills me with hope for even greater support, and the fire in our hearts burns brighter than ever. Yes, we need assistance, and with the Government's backing, we can ensure the Kurukh language flourishes through education.



Arvind Oraon, Founder, Kartik Oraon Adiwasi School



NEP 2020 and Promotion of Indian Languages



Prof. Shailendra Mohan
Director, Central Institute of Indian Languages

In his recent address to the nation, the Prime Minister talked about an experiment that took place at Kashi. While he spoke in Hindi, several non-hindi speaking audience chose to listen to him in Tamil through a device that was translating each word spoken by him into Tamil, all in real-time! Through this experiment, the Prime Minister showed the convenience that modern technology can provide communication access to all its citizens in their respective local language. Another unique effort mentioned by the Prime Minister is about a remote village of Jharkhand where a teacher took

the initiative to teach children of a tribal village in their mother tongue, i.e. Kurukh.

This leads to two intriguing questions—whether technology can bridge language barriers and how all major and minor languages of Bharat can thrive by remaining mediums of instruction at the school level? Technology is a framework, an equipment, that does not distinguish amongst where it is applied. A technique that works for one language, may also work for another language if the necessary inputs are given to it. A vast buffet of digitised text and speech from that language, a vibrant digital library we call a dataset. These inputs may be anything: textbook, dictionary, glossary, spoken audio files, video files, speeches by the community, classroom recordings along with their transcription, and so on. Further annotation and classification of such text and speech data add to the value of such datasets that help technique-building developers bring any technology in any language.

'Bhashini' is a flagship programme of the Ministry of Electronics and Information Technology (MeitY), earlier known as TDIL. The programme focuses on developing various

types of data with the help of community members, partnering agencies, academic institutions, and so on. It also builds a technology stack that can be used by anyone to develop tech support for any Bharatiya language.

However, the work of 'Bhashini' is supported by community members, standardisation, and expert agencies such as the Central Institute of Indian Languages (CIIL), and the Commission for Scientific and Technical Terminology (CSTT) by way of making a base for such technology development. Agencies like the CIIL and CSTT working under the Ministry of Education, engage with the experts of the given languages and come up with various types of resources that help develop standards of various kinds for these languages.

The new National Education Policy, 2020 also advocates elementary education in the mother tongue. The Central Government has embarked on creating educational content in various Indian languages. As per Census Report 2011, Bharat has a total of 121 Indian languages that are spoken by more than 10 thousand speakers. This includes the 22 scheduled languages. These 121 languages cover a total of 270 mother tongues. NEP advocates

that elementary education be provided in the mother tongue to every child. The guidelines of NEP-2020 provide recommendations to the respective state Government and the district administrations to ensure this. The Gram Panchayats should also help facilitate this in the villages, ensuring that the case of children dropping out of school does not take place due to any language-related hardships.

Inspired by Arvind Oraon's village school, can we imagine an education system that resonates with every child? Where learning flourishes, nurtured by the familiar rhythm of their mother tongue? Languages like Kurukh, spoken by millions across India, deserve a place in classrooms, their unique cultures preserved and promoted. Government agencies, armed with technology, are paving the way – ensuring each voice finds its chorus, weaving a richer tapestry of India's linguistic heritage.



LEGACY OF STRENGTH

THE REMARKABLE STORIES OF SAVITRIBAI PHULE AND RANI VELU NACHIYAR

Savitribai Phule, born on January 3, 1831, in Maharashtra, was a pioneering figure in uplifting women and social reforms.

Married at nine, she defied societal norms with the support of her husband, Jyotirao Phule, who facilitated her education.

Becoming India's first female teacher, Savitribai faced opposition but, in 1848, alongside her husband, established the nation's first girls' school in Pune.

Despite threats, they opened 18 schools, breaking caste barriers.

Committed to gender justice, Savitribai advocated against child marriage and Sati Pratha, founded the Mahila Seva Mandal to champion women's education rights and widow remarriage.

Her impactful legacy is recognised through the 'Savitribai Jyoti Rao Phule Fellowship' instituted by the University Grants Commission, supporting the education and research pursuits of single girl child for five years.

- Social Reformer
 - Pioneer of women's empowerment
 - First female teacher in India
- Founded the first women's school in India in 1848

In the 108th 'Mann ki Baat', Prime Minister Narendra Modi praised the impactful legacies of extraordinary women like Savitribai Phule and Rani Velu Nachiyar, recognising their role in illuminating India's history. Their dedication to women's empowerment and influence on the cultural landscape were highlighted. Acknowledging the essence of women-led development, Indian women freedom fighters and revolutionaries made vital contributions, shaping the nation with their unwavering commitment to freedom and equality. They inspired many, laying the groundwork for a more inclusive and progressive India. The legacies of these remarkable women remain a timeless source of inspiration, their pivotal roles influencing the ongoing journey of India's growth and development.

Born on January 3, 1730, in Ramnathpuram, Rani Velu Nachiyar, also known as Veeramangai, was the first queen to resist British colonial rule in India.

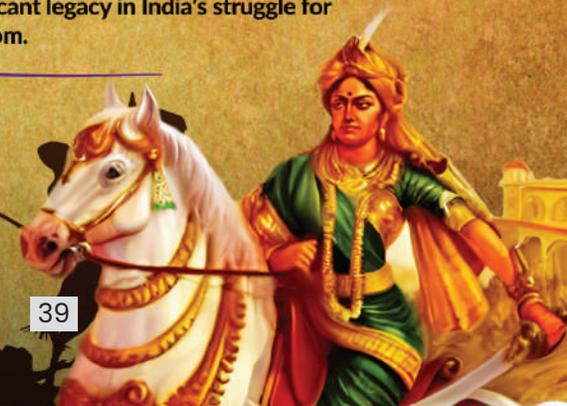
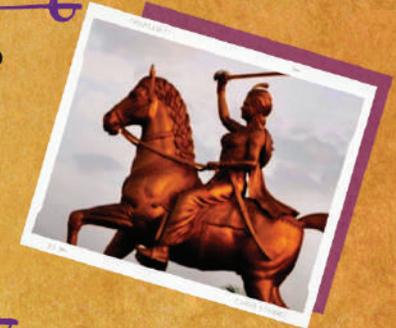
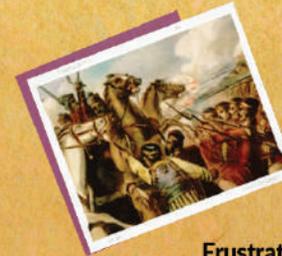
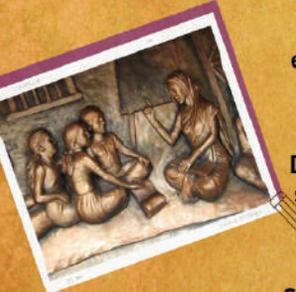
Trained in warfare and well-versed in languages like French, English, and Urdu, she married the king of Sivagangai.

After her husband's death at the hands of British soldiers and the Nawab of Arcot's son, she lived in hiding for eight years.

Frustrated by the opposition, the Nawab allowed Velu Nachiyar and the Marudu Brothers to return to Sivaganga under certain conditions.

In 1780, she became the ruler, granting powers to the Marudu Brothers to administer the country.

A pioneer in the fight against British oppression, Rani Velu Nachiyar passed away on December 25, 1796, leaving a significant legacy in India's struggle for freedom.



Folk Fusion

Celebrating Knowledge and Entertainment in Gujarat's Dairo

In Gujarat, the tradition of 'Dairo' captivates thousands of individuals throughout the night, providing a unique blend of entertainment and knowledge. This cultural gathering seamlessly integrates the trinity of folk music, folk literature, and humour, creating an atmosphere that resonates with joy and cultural richness. As participants engage in the Dairo, they immerse themselves in an enriching experience where the convergence of these elements becomes a source of community celebration and shared wisdom.

In the 108th episode of 'Mann ki Baat', Prime Minister Narendra Modi highlighted the rich tradition of Dairo in Gujarat, shedding light on the remarkable artist **Jagdish Trivedi**, who has been a prominent figure in this cultural phenomenon for over three decades. While recognised as a comedian, Jagdish Trivedi's enduring impact goes beyond laughter, as demonstrated by his dedicated contribution to societal growth.



The Prime Minister commended Jagdish Trivedi for his unique approach, specifically referencing his book, **Social Audit of Social Service**. This extraordinary piece of literature serves as a balance sheet, meticulously detailing the income generated from Jagdish Trivedi's programmes over the last six years and transparently outlining where every rupee was spent. Notably, the entire income has been devoted to various societal causes, including schools, hospitals, libraries, and institutions supporting divyangjans.

Discover his extensive work and impactful contributions, and delve into the intricate details of his book directly from Jagdish Trivedi himself.

“ I want to express my joy and gratitude to our Prime Minister for mentioning me in 'Mann ki Baat'. It's a wonderful honour to be recognised by him for the service I've dedicated myself to for the last six years. Each year on October 12th, I release a book called *Social Audit of Social Service*. Over the past six years, I've donated all the earnings from my stage shows and comedy performances to health and education. In this book, I provide a detailed account of the entire year—how many shows I did each month, where I performed, how much I earned, and where I donated the money. The accounts include specifics like supporting patients undergoing chemotherapy and paying fees for students in various colleges. I hope this book serves as an inspiration for others. The appreciation from the Prime Minister gives me added strength to continue my service with even greater dedication. ”

JAGDISH TRIVEDI

41

40



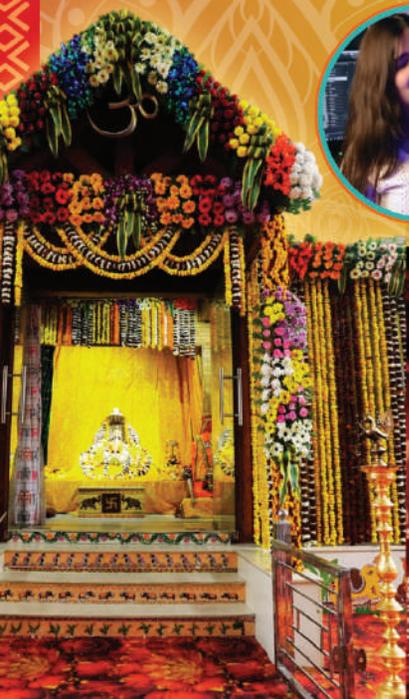
AYODHYA RAM MANDIR

Resurrecting Ancient Glory

On the 22nd of January 2024, a grand Ram Mandir in all its glory and grandeur came to life with the consecration ceremony (Pran Pratishtha) of the idol of Shri Ram. After nearly half a millennium, the belief of over a billion devotees around the world found place in a tangible manifestation in the form of the Ram Temple in Ayodhya, believed to be the birthplace of Shri Ram.

In order to bask in this historic realisation, the entire country has come together to mark this event. In the spirit of Jan Bhagidari, Prime Minister Narendra Modi had called upon ordinary citizens to participate in this festive observance of devotion. In the 108th episode of 'Mann ki Baat', the Prime Minister called on ordinary citizens to use the #ShriRamBhajan to share their creative art compositions commemorating the Mandir consecration.

The Prime Minister shared a bhajan sung by Swati Mishra on Twitter. Scan to listen.



In addition to showing their enthusiasm through social media, citizens from across India have come together in Akshat Kalash Yatras, carrying pots full of broken rice. These Kalash Yatras were taken across the length and breadth of the country with Chief Ministers of different States participating in the marches.

The construction and consecration of the Ram Mandir is a matter of faith and significance to millions of devotees across the world. Its consecration and continued existence as a pilgrimage site

along with the development projects worth ₹15,000 crore is set to propel Ayodhya Dham's economy to unprecedented scales and uplift the lives of locals.

There has also been a focus on clean energy. The Uttar Pradesh New and Renewable Energy Development Authority (UPNEDA) has arranged for 42 parks in Ayodhya to be illuminated by the use of solar energy. The UPNEDA installed solar powered trees at 52 locations across Ayodhya, demonstrating a commitment to building sustainable energy networks.

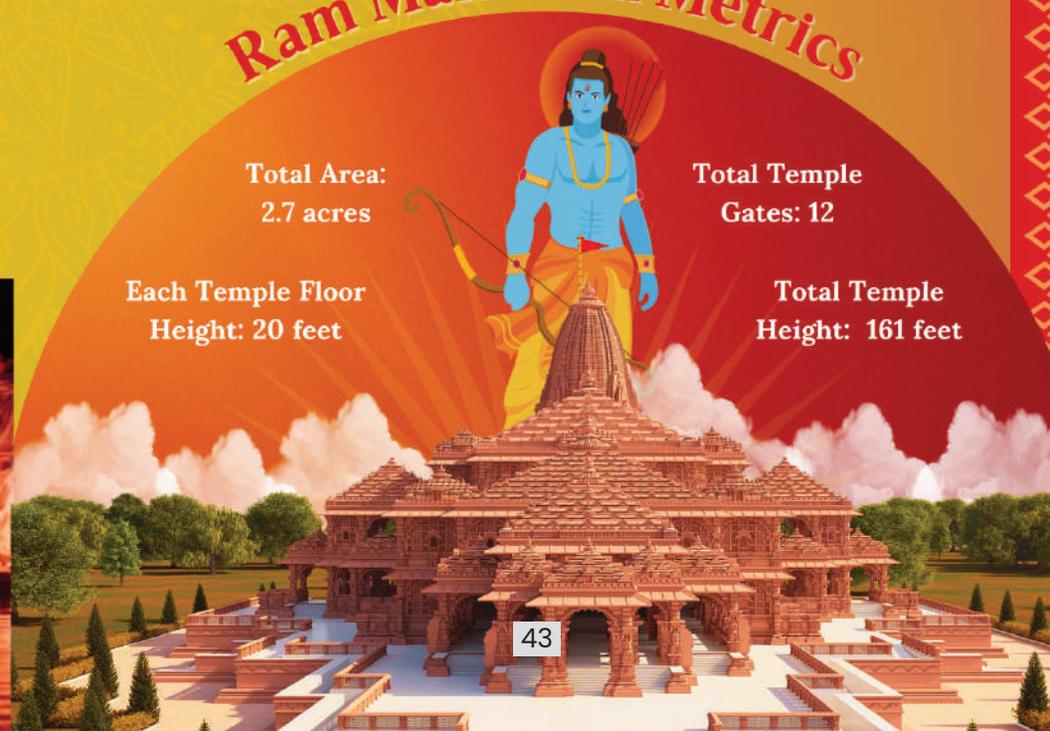
Ram Mandir in Metrics

Total Area:
2.7 acres

Total Temple
Gates: 12

Each Temple Floor
Height: 20 feet

Total Temple
Height: 161 feet





MANN KI BAAT

Media Scan



Anurag Thakur @anuragthakur

फिरम से लेकर खेल जगत तक, भारतीयों ने सबका दिश दीता।

Oscar में जहाँ 'Naatu Naatu' और 'The Elephant Whisperers' ने अपना जादू बिखेरा, वहीं Asian Games, Asian Para-Games से लेकर Cricket में हमारे खिलाड़ियों ने भारत के नए कीर्तिमान भी रचे।

आदरणीय प्रधानमंत्री श्री @narendramodi जी

#MannKiBaat

Translate post

12:32 PM · Dec 31, 2023 · 15.6K Views

Akshay Kumar @akshaykumar

Thank you @narendramodi Sir for making me a small part of your #MannKiBaat...hope your message of good health for all goes far and wide 🙏

Narendra Modi @narendramodi · 22h

I fully agree with @akshaykumar when he says that there are no shortcuts when it comes to remaining fit. He also stresses on eating well and eating pure to stay fit. #MannKiBaat

6:44 PM · Dec 31, 2023 · 588.4K Views

Sadhguru @SadhguruTV

Most timely that the Hon'ble Prime Minister is directing the Nation's focus toward mental health. Taking charge of our mental faculties is one hundred percent our responsibility - not only for ourselves, also for our communities, the society and the Nation. Let's make it happen. -Sg @narendramodi #MannKiBaat #MentalHealth #InnerEngineering

Narendra Modi @narendramodi · Dec 31, 2023

In his unique style, @SadhguruTV talks about coping with issues concerning mental health. #MannKiBaat

10:23 PM · Dec 31, 2023 · 133.9K Views

Dharmendra Pradhan @dpradhanbtp

काशी तमिल संगम के दौरान हम सभी ने 'भाषिणी' App की शक्ति को देखा है। AI के इस्तेमाल से 'भाषिणी' real-time में किसी भी भाषा में अनुवाद कर सकती है।

अब वो दिन भी दूर नहीं है जब भारत का यह innovation हमारे स्कूलों, अस्पतालों, अदालतों और सिनेमा घरों में इस्तेमाल होगा। इसीलिए प्रधानमंत्री @narendramodi जी ने मुझसे AI translation tools को और भी fool-proof बनाने का आग्रह किया है। #MannKiBaat

Translate post

4:26 PM · Dec 31, 2023 · 9,756 Views

BHASHINI @_BHASHINI

In the last episode of 2023 'Mann Ki Baat', Hon'ble PM @narendramodi highlighted #BHASHINI, an AI translation tool utilised during the Kashi Tamil Sangamam event that provided real-time translation of Hindi address into Tamil.

@GoJ_MeivY @amitabhnaag @PMDIndia @narendramodi

12:47 PM · Dec 31, 2023 · 206 Views

Dr. S. Jaishankar @DrSJaishankar

The year-end #MannkiBaat talk by PM @narendramodi was particularly motivating.

PM rightly stressed that India's achievements are that of every Indian. With Nation First as our guiding mantra and internalizing the Panch Pran, we can advance the quest of an #AtmanirbharBharat.

Narendra Modi @narendramodi · Dec 31, 2023

Join in for a very special episode of #MannKiBaat as we discuss Fit India, superfoods and more! twitter.com/l/broadcasts/1...

4:11 PM · Dec 31, 2023 · 56.5K Views

Nitin Godkari @nitin_godkari

"मेरे परिवारजनों, हमने अभी भारत को लेकर हर तरफ जो अफवा और उल्लाह है उसकी चर्चा की - ये अफवा और उल्लाह बहुत अच्छी है। जब भारत विकसित होगा तो इसका सबसे अधिक लाभ युवाओं को ही होगा। लेकिन युवाओं को इसका लाभ तब और ज्यादा मिलेगा, जब वो Fit होंगे।"

- प्रधानमंत्री श्री @narendramodi जी

#MannKiBaat

Translate post

4:39 PM · Dec 31, 2023 · 35K Views

Piyush Goyal @PiyushGoyal

वर्ष 2023 में Millets को निरौ विश्वस्तरीय पहचान से, Startups ने भरी नई उड़ान।

@StartupIndia #MannKiBaat

Translate post

12:07 PM · Dec 31, 2023 · 22.4K Views

Bhupender Yadav @byadavbtp

India is brimming with self-confidence, imbued with the spirit of a developed India; the spirit of self-reliance.

We have to maintain the same spirit and momentum in 2024 too.

#MannKiBaat

12:35 PM · Dec 31, 2023 · 1,422 Views

keeros.in

22 likes

keeros.in Grateful to all our well wishers & God! Keeros Superfoods got a shoutout from PM Modi on 'Mann Ki Baat' today! Mentioned as one of the most innovative startups in health foods and millets-based products.

#KeerosSuperfoods #InnovationInHealth *#MannKiBaat*

G Kishan Reddy @Kishanreddybtp

It is the strength of 140 crore Indians that our country has achieved many special milestones this year.

Today every corner of India is full of confidence. It is imbued with the spirit of #ViksitBharat and the spirit of self-reliance.

We have to maintain the same spirit and momentum in 2024 also: PM Shri @narendramodi

#MannKiBaat

2:54 PM · Dec 31, 2023 · 2,929 Views

Arjun Ram Meghwal @arjunrammeghwal

Health Sector से जुड़े में Startups, Physical Health, Well-Being के साथ ही Mental Health को बेहतर बनाने के प्रयास कर रहे हैं।

#MannKiBaat

12:13 PM · Dec 31, 2023 · 554 Views

Parshottam Rupala @PRupala

गुजरात में डायरा की सुंदर परंपरा है।

एक हास्य कलाकार, अपनी बातों से, हर किसी को हंसने के लिए मजबूर कर देता है। लेकिन वो भीतर, कितनी संवेदनशीलता को जीता है, ये भाई जादावी विवेदी जी के जीवन से पता चलता है।

#MannKiBaat

Translate post



MY FAMILY MEMBERS, IN GUJARAT THERE IS A TRADITION OF DAIRA

3:32 PM · Dec 31, 2023 · 1,019 Views

Himanta Biswa Sarma @himantabiswa

India becoming an 'Innovation hub' is a symbol of the fact that we are not going to stop. - Hon PM Shri @narendramodi ji

#MannKiBaat

Translate post



भारत का Innovation Hub बनना, इस बात का प्रतीक है कि हम रुकने वाले नहीं हैं। 2015 में हम Global Innovation Index में 81वें rank पर थे - आज हमारी rank 40 है। इस वर्ष भारत में फाइल होने वाले पेटेंट की संख्या ज्यादा रही है, जिसमें करीब 60% domestic funds के थे। QS Asia University Ranking में इस बार सबसे अधिक संख्या में भारतीय universities शामिल हुई हैं।

11:55 AM · Dec 31, 2023 · 2,681 Views

Dr. Sudhanshu Tivvedi @Sudhanshutivvedi

“दस वर्ष हमारे देश ने कई विशेष उपलब्धियाँ हासिल की हैं। नारी शक्ति वंदन अधिनियम, भारत का पहली बड़ी अर्थव्यवस्था बनना, G-20 का सकल आयोजन, आज भारत का कोना-कोना आत्मनिर्भरता से भर हुआ है।”

मन की बात के 108वें संस्करण में PM श्री @narendramodi जी

Translate post



7:20 PM · Dec 31, 2023 · 14,5K Views

Tojasvi Surya @Tojasvi_Surya

PM Sri @Narendramodi Ji, in his monthly #MannKiBaat address, draws attention to the important subject of mental health.

He highlighted work of Mumbai startups Infi Heal & Your Dost, who are building innovative models on mental health using AI-based tools.

Modi Ji's focus on mental health is sure to provide the needed impetus for those working in the space to do more for the general wellness of people.

#BharatIn2023

Translate post



PHYSICAL HEALTH AND WELL-BEING IS MUCH DISCUSSED THESE DAYS...

1:47 PM · Dec 31, 2023 · 13.8K Views

Vinod Tawde @TawdeVinod

भारत का Innovation Hub बनना, इस बात का प्रतीक है कि हम रुकने वाले नहीं हैं। 2015 में हम Global Innovation Index में 81वें रैंक पर थे, जबकि आज हमारी रैंक 40 है। इस वर्ष भारत में फाइल होने वाले पेटेंट की संख्या ज्यादा रही है, जिसमें करीब 60% डोमेस्टिक फंड के थे। QS एशिया यूनिवर्सिटी रैंकिंग में इस बार सबसे अधिक संख्या में भारतीय यूनिवर्सिटी शामिल हुई हैं - प्रधानमंत्री @narendramodi जी

#MannKiBaat

Translate post



IN 2015, WE WERE AT THE 81ST RANK...

पीएम मोदी के 'मन की बात'

2:20 PM · Dec 31, 2023 · 12K Views

K.Annamalai @annamalaiU

Hon PM Thiru @narendramodi avi stressed the importance of maintaining good physical and mental health – a mission envisioned through Fit India as we step into the year 2024. He commended the work of several start-ups which promote the use of millet in daily diets and a few others which promote Indian fitness methods.

We thank you Hon PM for making Isha Yoga founder Sadghuru Jaggi Vasudev, Chess Grandmaster Vishwanathan Anand, Cricketer Harmanpreet Kaur & actor Akshay Kumar share their tips on maintaining sound health through Mann Ki Baat. (3/6)

LET'S LISTEN TO GRANDMASTER VISHWANATHAN ANAND JI



3:17 PM · Dec 31, 2023 · 12.2K Views

Babita Phogat @BabitaPhogat

राष्ट्रकवि रामधारी सिंह दिनकर की लिखते हैं-

खेल में तुमको पुतक-उत्प्रेषण होना है तब बनने में सतत को क्लेश होता है।।

माननीय प्रधानमंत्री श्री @narendramodi जी ने हर तरह की पीटा, बाधा और आरोपों को शेरतों हुए अडिग रहकर कठोर परिश्रम कर राष्ट्र प्रथम, सबका साथ सबका विकास और विकास भारत के संकल्पों को आगे रखकर देश को खेल से लेकर खलिहान तक आगे ले जाने की कोशिश में जुटे रहे जिसका नतीजा है की आज भारत हर क्षेत्र में तेजी से आगे बढ़ रहा है।

जय हिंद!!

Translate post

Narendra Modi @narendramodi · Dec 31, 2023

I fully agree with @akshaykumar when he says that there are no shortcuts when it comes to remaining fit. He also stresses on eating well and eating pure to stay fit. #MannKiBaat

AKSHAY KUMAR: ACTORS ARE OFTEN NOT WHAT THEY APPEAR ON SCREEN



8:36 PM · Dec 31, 2023 · 15.2K Views

Vanathi Srinivasan @VanathiSJP

The name of Rani Velu Nachiyar is also one of the many great personalities of the country who struggled against foreign rule.

My brothers and sisters of Tamil Nadu still remember her by the name of Veera Mangal i.e. brave woman. The bravery with which Rani Velu Nachiyar fought against the British and the bravery she showed is very inspiring.

#MannKiBaat

भारत में विद्यमान अज्ञानता का प्रतीक है दहीम 2015 में हम ग्लोबल इनोवेशन इंडेक्स में 81वें रैंक पर थे - आज हमारी रैंक 40 है। इस वर्ष भारत में फाइल होने वाले पेटेंट की संख्या ज्यादा रही है, जिसमें करीब 60% डोमेस्टिक फंड के थे। QS एशिया यूनिवर्सिटी रैंकिंग में इस बार सबसे अधिक संख्या में भारतीय यूनिवर्सिटी शामिल हुई हैं - प्रधानमंत्री @narendramodi जी

मिलीको शायम के खिलाफ लड़ने वाली रानी के कीर्ति नामक किताबों में से एक नाम रानी के वीरु नुचियार का भी है। रानीके वीरु के बारे में बहुत कुछ जानने की जरूरत है। रानी के वीरु नुचियार का नाम उस लड़की के नाम है जो अपने असाधारण साहस और वीरता के कारण अंग्रेजों के खिलाफ लड़ने वाली रानी के वीरु नुचियार के नाम से जानी जाती है।

Narendra Modi

1:58 PM · Dec 31, 2023 · 1,914 Views

Smriti Zirani @smritizirani

अयोध्या धाम और प्रभु श्री राम से जुड़ी रचनाओं को #ShriRamBhajan हेल्सटैग के साथ सोशल मीडिया पर साझा करने का PM @narendramodi जी ने आह्वान किया है।

#MannKiBaat

Translate post

ENTIRE COUNTRY IS ETHUSIASED ABOUT RAM TEMPLE IN AYODHYA



2:13 PM · Dec 31, 2023 · 162.6K Views

Yogi Adityanath @yogiadityanath

आदरणीय प्रधानमंत्री श्री @narendramodi जी द्वारा आज @mannkiabaat कार्यक्रम में मिरोस के क्षेत्र में कार्य कर रहे Keeros Foods, राखनक और प्रमगराज के Grand-Maa Millets व Nutraaceutical Rich Organic India जैसे Startups का उल्लेख हम सभी के लिए सर्व का निष्पत्ति है।

शारीरिक व मानसिक स्वास्थ्य को सुनिश्चित करते मिलेट्स (श्रीअन्न) के उपयोग एवं उससे आर्थिक उत्थपन हेतु आमजन को संबन्धित Startups से जुड़ने की प्रेरणा प्राप्त होगी।

आपका आभार प्रधानमंत्री जी

Alpino Health Foods @alpinohealthfoods

Following

Wholesome Moment: Alpino started with the intent of making India a protein-rich nation. We are the world's first peanut product company that deals in different products made from the best peanuts.

You guys have shown immense love for our products over all these years and because of that, Alpino is always committed to reaching new heights. and we are glad to announce this news to all of you!

The Honourable Prime Minister Narendra Modi acknowledged our brand name during 'Mann Ki Baat' while discussing the Fit India Movement. We couldn't be more proud!

Srishti Srivastava @srishtisrivas

When PM Modi talked so openly about mental health.

Woke up to find PM Modi speak about our mental health startup @infiheal on National TV

Still can't believe it. What a start to 2024!

Proud to be a part of a nation led by such a progressive leader 🌟

#MannKiBaat #PMModi

PHYSICAL HEALTH AND WELL-BEING IS MUCH DISCUSSED THESE DAYS...



12:48 PM · Jan 2, 2024 · 1,948 Views

YourDOST @yourdost

We can't keep calm as our esteemed Prime Minister Narendra Modi Ji has acknowledged our efforts and mission in today's #MannKiBaat

Puneet Manuja · 2nd Co-Founder 'YourDOST' (Forbes 30u30 | Ex-MCC) | Ex-Zynga

We couldn't have asked for a better way to start the #NewYear2024 than PM Narendra Modi ji mentioning our name in #MannKiBaat today.

TOWARDS IMPROVING MENTAL HEALTH AND WELL-BEING



2:13 PM · Dec 31, 2023 · 162.6K Views

Entire country is excited over Ram Mandir: PM

New Delhi: PM Modi, in the 108th edition of his 'Mann Ki Baat' on Sunday, said there was excitement and enthusiasm in the entire country in connection with the Ram Mandir as he called it a "historic moment" and urged people to share artistic creations by using a common hashtag, reports Akhilesh Singh.

The PM emphasised the specialisation as '108', an auspicious number as per Hindu belief, as he mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

► 'Think of India first', P 14

Modi highlights 'Vocal for Local', Chandrayaan-3

In the Mann Ki Baat radio broadcast, the PM also touched upon women's reservation Bill, better ranking in the Global Innovation Index and achievements in sports, music and Oscar wins

The Hindu News Service



At the 108th episode of Mann Ki Baat on Sunday, Prime Minister Narendra Modi stressed that the entire country is excited over the Ram Mandir. He said that the temple is a historic moment and urged people to share artistic creations by using a common hashtag, reports Akhilesh Singh.

He said that the temple is a historic moment and urged people to share artistic creations by using a common hashtag, reports Akhilesh Singh. He also mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

He said that the temple is a historic moment and urged people to share artistic creations by using a common hashtag, reports Akhilesh Singh. He also mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

From space to sport, PM lists India's achievements of year

From space to sport, PM lists India's achievements of year. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

PM: India brimming with confidence, we should maintain the momentum in 2024

PM: India brimming with confidence, we should maintain the momentum in 2024. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

PM Lays Stress on Value of Mental Health Among Youth

PM Lays Stress on Value of Mental Health Among Youth. Today, every corner of India is brimming with self-confidence. We have to maintain spirit.

PM ने कहा, नेशन फर्स्ट से बड़ा नहीं है कोई मंत्र

PM ने कहा, नेशन फर्स्ट से बड़ा नहीं है कोई मंत्र. 'मन की बात' के 108वें एपिसोड में हेल्थ पर दिया जोर.

PM ने देशवासियों से लोकल फॉर लोकल को प्राथमिकता देने को कहा

PM ने देशवासियों से लोकल फॉर लोकल को प्राथमिकता देने को कहा. 'राष्ट्र प्रथम' मानकर ही हर कार्य करना होगा: मोदी.

Modi calls for Rambhajan drive on social media

Modi calls for Rambhajan drive on social media. Excitement in country in connection with Ram Mandir. PM

Excitement in country in connection with Ram Mandir. PM

Excitement in country in connection with Ram Mandir. PM. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

Modi terms 2023 a year of special achievements

Modi terms 2023 a year of special achievements. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

आत्मनिर्भरता की भावना से बुरा हुआ है देश : मोदी



आत्मनिर्भरता की भावना से बुरा हुआ है देश : मोदी. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

'मन की बात' में फिट इंडिया का संकल्प

'मन की बात' में फिट इंडिया का संकल्प. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

मेटल-फिजिकल हेल्थ पर जोर आनंद ने दी 7 घंटे सोने की राय

मेटल-फिजिकल हेल्थ पर जोर आनंद ने दी 7 घंटे सोने की राय. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

भारत आत्मविश्वासથી छलकाई रहूँ छे, 2024मा पछा आ गति जाणवती राबधानी छे: नरेन्द्र मोदी

भारत आत्मविश्वासથી छलकाई रहूँ छे, 2024मा पछा आ गति जाणवती राबधानी छे: नरेन्द्र मोदी. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

राष्ट्र प्रथम

राष्ट्र प्रथम. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

व्याजमान काल पर विशेष ध्यान देना

व्याजमान काल पर विशेष ध्यान देना. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

मानसिक-शारीरिक आरोग्य तंतुहस्त ठेवा!

मानसिक-शारीरिक आरोग्य तंतुहस्त ठेवा! He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

108 अंक की पवित्रता पर गहन अध्ययन किया जाना चाहिए

108 अंक की पवित्रता पर गहन अध्ययन किया जाना चाहिए. He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.

He mentioned the excitement surrounding the temple and said, "People are expressing their feelings in a multitude of ways." Citing feats that the country attained in 2023, including the passage of Nari and Shakti Vandan Adhiniyam, India becoming the fifth largest economy and success at the G20 summit, the PM said it was brimming with self-confidence, imbued with the spirit of a developed India and the spirit of self-reliance.



भारत की वो बेटियां जिनका योगदान नहीं भूल सकता देश, PM मोदी ने 'मन की बात' में की चर्चा



अयोध्या राम मंदिर पर आपने भी लिखी है गीत-भजन और कविता? यहां शेयर करें, PM मोदी ने की है अपील



'फिटनेस मैगी या कॉफी...' मन की बात में Akshay Kumar ने खोले अपनी फिटनेस के राज; PM Modi भी हुए इंप्रेस



पीएम मोदी ने टीम इंडिया की जमकर की तारीफ, बोले- वर्ल्ड कप 2023 में अपने प्रदर्शन से...

अमर उजाला

Mann Ki Baat: पीएम मोदी की मन की बात के जरिए हरमनप्रीत कौर-विश्वनाथन आनंद ने दिया फिटनेस का मंत्र, जानें तरीका



'मन की बात' में पीएम मोदी ने की झारखंड के मंगलो गांव की तारीफ, जानें किस खूबी की किया बखान



Ministry of Information and Broadcasting
Government of India

सत्यमेव जयते