NARENDRA MODI
Social Revolution

Dr. Ashish Gupta

Centre For Narendra Modi Studies

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(50 Episode)

From 3rd October, 2014 to 25th November, 2018

Dr. Ashish Gupta

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Mann ki Baat (50 Episode)

(From 3rd October, 2014 to 25th November, 2018)

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'ESSENTIAL AND STATUTORY INFORMATION'

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Dedicated to

My Parents

LATE DR. J.P. GUPTA

&

MRS. PRABHA GUPTA

for their sacrifices, unwavering love,
endless support and the foundation
you gave me to dream

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Preface

When the programme Mann Ki Baat was first broadcast on 3rd October 2014, few would have imagined the profound impact it would create on the people of India. What began as a radio conversation between the Prime Minister and citizens slowly turned into a powerful medium of national connection. It gave voice to ordinary people, celebrated unsung heroes, and inspired millions to believe in their role in shaping the destiny of the nation. The uniqueness of Mann Ki Baat lies in its simplicity. Unlike political speeches or official announcements, it came as a warm and personal dialogue. The Prime Minister spoke as a friend, a guide, and sometimes even as a teacher. People across villages, towns, and cities tuned in eagerly, waiting to hear ideas that touched their daily lives. Through these conversations, issues of social importance found a fresh platform. Be it Swachh Bharat Abhiyan, the Beti Bachao, Beti Padhao movement, Azadi ka Amrit Mahotsav, or the importance of yoga and fitness, the Prime Minister spoke directly to the hearts of people. One of the most remarkable aspects of Mann Ki Baat is how it celebrated the ordinary Indian. From teachers, farmers, and craftsmen to scientists, artists, and social workers—countless citizens were recognized for their contribution to society. Their stories inspired others, creating a chain of positivity that spread far beyond the radio waves.

This programme also revived the power of radio in India. In an age of television, mobile phones, and social media, radio seemed to be losing its importance. But Mann Ki Baat proved that the oldest medium of communication still has the strength to reach the last person in the remotest village. It reconnected generations, as families sat together to listen. The episodes included in this collection, spanning from October 2014 to April 2023, reflect a journey of nearly a decade. They show how the nation evolved during this period, overcoming challenges and embracing opportunities. From natural calamities to the global pandemic of

COVID-19, from celebrating festivals to remembering freedom fighters, Mann Ki Baat became a mirror of the nation's journey. What makes these fifty episodes special is the wide range of themes they cover. They speak about cleanliness, environment, water conservation, digital transformation, health, education, and women empowerment. They highlight the role of youth, the power of innovation, and the importance of cultural heritage.

The style of communication used in these addresses deserves special mention. It is simple, direct, and inclusive. The Prime Minister often quoted letters and messages sent by listeners, making citizens feel they were active participants, not passive receivers. This created a sense of partnership between the leader and the people. Another important contribution of Mann Ki Baat is the way it encouraged collective responsibility. Instead of relying only on government schemes, it called upon citizens to take small steps that together could bring great transformation. Planting trees, saving water, giving up single-use plastic, or honouring local traditions—all became part of a national movement.

Above all, these fifty episodes remind us that the soul of India lies in its people. By listening to their stories, sharing their struggles, and celebrating their achievements, Mann Ki Baat created a sense of belonging. It told every Indian—whether in a remote hamlet or a bustling city—that their voice matters in the journey of the nation. This collection is not only for readers of today but also for future generations. Years later, when people look back at this period, they will find in these episodes the thoughts, aspirations, and values that guided India through a decisive phase. It is, in a way, a chronicle of India's democratic spirit and collective strength.

In presenting this book, the hope is that readers will find inspiration in these words and examples. They will discover how small efforts by individuals can create waves of change and how collective action can shape the destiny of a nation. Mann Ki Baat is a celebration of the Indian spirit, and these fifty episodes are testimony to its power.

Dr Ashish Gupta

Foreword

Political decisions and their implementation play a vital role in shaping a nation's development. Under the visionary leadership of Prime Minister Shri Narendra Modi, India has emerged as a global economic power, thanks to his innovative and result-oriented approach to governance. His inclusive policy of “Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas” has strengthened India's growth story and enhanced its recognition as a progressive and liberal economy, on the way to becoming the "Vishw Guru" (Leader of the World).

Despite being a senior statesman, Prime Minister Shri Narendra Modi has established a deep connection with the youth of the country through his popular radio programme “Mann Ki Baat.” By addressing the concerns of the masses, he has effectively used radio—an enduring and credible medium in the Indian rural psyche. Radio and newspapers have long been trusted sources of information, and "Mann Ki Baat" successfully invokes these cultural and social memories. Importantly, the programme remains non-political in nature, focusing instead on social issues, local entrepreneurship, cultural heritage, and community confidence. It has played a significant role in eradicating social evils, promoting local arts and crafts, and inspiring collective responsibility.

Under Prime Minister Shri Narendra Modi's leadership, the government has also transformed India's sporting landscape by identifying grassroots talent, building world-class infrastructure, supporting athletes, and ensuring equal opportunities for women, "Divyangjan" (differently-abled citizens), and youth from even the remotest corners of the nation. His speeches have resonated widely with both the masses and intellectuals alike.

The book "Narendra Modi: A Social Revolution" is a

humble attempt to present 50 episodes of Mann Ki Baat in a compiled form. It is primarily intended for researchers, scholars, historians, and students of national and international relations. The collection seeks to help readers understand the events that shaped the Modi era, the distinctive governance model he represents, and his unique ways of addressing national challenges, all with his excellent connectivity.

This work is especially significant as India takes on a leading role in the global arena, including the G20 Presidency, while also moving forward with renewed confidence as a proud democracy. The reflections drawn from "Mann Ki Baat" are not merely conversations but guiding thoughts that will inspire future generations to contribute to nationalism, patriotism and nation-building.

Firoz Bakht Ahmed

(Former Chancellor, Maulana Azad National Urdu University, Hyderabad and grandnephew, Bharat Ratna, Maulana Abul Kalam Azad)

3 October 2014

My Dear Countrymen,

Today is the holy festival of Vijay Dashami. My heartiest greetings on this occasion of Vijay Dashami to one and all.

Through the medium of radio, I would like to share few heartfelt thoughts with you today. And, I hope that not only today, this series of conversation may be carried out regularly in future. I will try my best, if possible, to take out time twice a month or even once to speak with you. In future, I have also decided that whenever I will speak to you, it would be on Sundays and time would be morning 11. In that way, it would be convenient for you too and I will feel contented with the fact that I am successful in sharing my thoughts with you.

We are celebrating the festival of Vijay Dashami today, which symbolises the triumph of Good over Evil. But one gentleman named Ganesh Venkatadari, a native of Mumbai, sent me a mail and has written to me that we must take a vow to eliminate ten bad habits from within ourselves on this occasion of Vijay Dashami. I express my gratitude to him for this recommendation. We all, as individuals, must be

thinking to put an end to all our bad habits and win over them, although, with respect to our nation, I believe we all should come together and take a vow in eliminating all the dirt from our country. On this occasion of Vijay Dashami, we must take a vow to eliminate dirt and filth and we can do so on this occasion.

Yesterday, on 2nd October on the eve of Mahatma Gandhi's birth anniversary, more than 1.25 crore countrymen have started the 'Swachh Bharat' movement. I had shared one thought yesterday which is that I will nominate nine people and they need to upload their videos of cleaning the nation on social media websites, and nominating nine more people to do the same. I want you all to join me, clean the nation, and nominate nine more people to clean the nation, and those nine people must do the same. Eventually, the entire nation will have this atmosphere. I strongly believe that you all will join hands with me to carry this movement forward.

Whenever, we think of Mahatma Gandhi, naturally we are reminded of Khaadi. You may be wearing variety of clothes with different fabrics and company brands in your family. But is it not possible to include Khaadi too? I am not telling you to use only Khaadi products. I am just insisting to use, at least one Khaadi product, like handkerchief, or a bath towel, a bed sheet, a pillow cover, a curtain or anything of that kind. If you have an inclination for all kinds of fabrics and clothes in your family, you can also buy Khaadi products on a regular basis. I am saying this as when you buy Khaadi products, it helps poor people to light lamps on Diwali. Also, you can avail a special discount on Khaadi products from 2nd October for a month. It is a very small thing, but has very big impact which binds you with the poor. How you see this as a success. When I speak of 1.25 crore countrymen and infer the outcome, we might assume that government will take care of everything and as individuals we stand nowhere. We have seen that if we intend to progress then we need to identify our

potential, understand our strengths and I can swear that we form the incomparable souls of this world. You all know that our own scientists have been successful in reaching Mars, bearing least expenses. We do not lack in our strengths, but have forgotten our strong points. We have forgotten ourselves. We have become hopeless. My dear Brothers and Sisters I cannot let this happen. I always remember one of the sayings by Swami Vivekananda ji as he always used to emphasize on one thought and possibly, he might have shared this thought with many others.

Vivekananda ii used to say, once a lioness was carrying her two cubs on the way and came upon a flock of sheep from a distance. She got a desire to prey upon them and started running towards the flock. Seeing her running, one of the cub too, joined her. The other cub was left behind and the lioness moved on, post preying upon the flock. One of the cub went with the lioness but the other cub was left behind, and was brought up by a mother sheep. He grew among the sheep, started speaking their language and adapted their ways of life. He used to sit, laugh and enjoy with them. The cub who went with the lioness, was a grown-up now. Once, he happened to meet his brother and was shocked to see him. He thought in his mind," He is a lion and is playing with sheep, talking like sheep. What is wrong with him? He felt that his ego was at stake and went to talk to his brother. He said," What are you doing, brother? You are a lion." He gets a reply from his brother, "No, I am a sheep. I grew up with them. They have brought me up. Listen to my voice and the way I talk." He said, "Come, I will show you, who you really are." He took his brother to a well and told him to look in the water his own reflection, and asked him, if both of them had similar faces. "I am a lion, you, too, are a lion." His brother's self-esteem got awakened; he attained self-realization through this and even a lion brought up among sheep started roaring like a lion. His inner entity was awakened. Swami Vivekananda ji used to say

the same. My countrymen, 125 crore Indians have indefinite strengths and capabilities. We need to understand ourselves. We need to identify our inner strengths and like Swami ji always used to say, we need to carry our self-respect, identify ourselves and move forward in life and be successful, which in turn, make our nation a winning and successful country. I believe, all our countrymen with a population of 125 crores are efficient, strong and can stand against any odds with confidence.

These days, I have been getting many letters through social media websites, like Facebook, from my friends. One of them, Mr. Gautam Pal, has addressed an issue regarding the specially-abled children. He has suggested forming separate Municipality, Municipal Corporation or councils for them. We need to plan something for them for enhancing their moral support. I liked his suggestion and I have experienced this during my day as Chief Minister of Gujarat. A Special Olympics was held in Athens in 2011. After the Olympics I had called all the participants and winners of specially-abled category from Gujarat to my home. I spent two hours with them, and it was the most emotional and inspiring incident of my life. As I believe, a specially-abled child is not only the responsibility of the parents in a family, it is the responsibility of the entire society. God has chosen this family to support a specially-abled child, but a child is a responsibility of the entire nation. After this incident, I got so emotionally attached with them, I started organizing separate Olympics for them in Gujarat. Thousands of children with their parents used to come and attend, I, too, used to attend the Olympics. There was an atmosphere of trust and, this is the reason, I liked the suggestion given by Mr. Gautam Pal and I felt like sharing this thought with you.

It reminds me of another story. Once, a traveller was sitting at the corner of a road, and was asking everyone the way to a specific place. He continued asking the route from

many people. A man, sitting beside him was observing him. The traveller stood up and started asking passers-by again. He stood up and said," The way to your destination is here." The traveller, then, said," Brother, you were sitting next to me for so long, saw me asking everyone the route. If you knew the route, why didn't you tell me before?" The man answered," I was waiting to verify if you really intend to reach your destination or you are asking people just for your knowledge. But, when you stood up, I was assured that you truly wish to reach your destination, and decided to confirm the address".

My countrymen, till the time we do not decide to walk, stand on our own, we will also not the get the guidance from others in our journey. We will not get the people to hold our hand and help us in walking. We need to take the initiative in walking and I trust all my 125 crore Indians, who are capable of walking on their own and will keep moving.

For the past few days, I have been getting very interesting suggestions from people. I am aware, when to adapt to these suggestions. But, I want everyone to actively participate in these suggestions as we all belong to our nation, the nation does not only belong to any Government. We are the citizens of our Nation and we all need to unite without any exceptions. Some of you have suggested simplifying the registration process for Small Scale Industries. I will definitely put this under Government's notice. Some of you have written to me to incorporate skills development courses in the school curriculum from 5th standard. This will help the students to learn various skills and crafts. I loved this effective suggestion given by them. They have also suggested that even the adults should learn skills development courses along with their studies. One of the suggestions given was to keep a dustbin at every 100 meters and a cleaning system should be established.

Some of you have written to me, to abolish the use of plastic bags. I am receiving numerous suggestions from

people. I have always been telling you, to write to me and narrate a true incident, which is positive and inspiring to me and our Countrymen, along with the evidence. If you do this, I can promise this to you, that I will share all those heartfelt thoughts or suggestions with all our Countrymen, through "Mann ki Baat".

I have only one intention in speaking with you all," Come, let us serve our Mother India. Let us all take our nation to the new heights. Let us all take a step forward. If you take one step, our nation takes 125 crore steps to move forward, and for this purpose, on this auspicious occasion of Vijay Dashami, we all need to defeat all of our inner evils and decide to start doing something good for the nation. Today is the fortunate beginning for me. I will be sharing my heartfelt thoughts with one and all. Today, I have shared all the thoughts coming directly from my heart. I will meet you all next at 11 am on Sundays, but I trust our journey shall never end and will continue receiving love and suggestions from you.

After listening to my thoughts, please do not hesitate in sharing your thoughts or advice to me, I will appreciate that your suggestions keep coming. I am glad to talk with you through this simple medium of Radio, which serves each and every corner of the nation. I can reach the poorest homes, as mine, my nation's strength lies within the hut of Poor, within the villages; my nation's strength lies with the Mothers, Sisters and Youths; my nation's strength lies with the farmers. Nation will only progress, if you believe in it. I am expressing my trust towards the nation. I believe in your strength, hence, I believe in our nation's future.

I would once again, like to thank one and all for taking out time and listening to me. Thank you all.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

2 November 2014

My dear fellow countrymen,

I am with you again almost after a month. A month is quite a long time. Lots of things keep happening in the world. You all have recently celebrated the festival of Diwali with great fervour and joy. It is these festivals which bring happiness in our daily lives from time to time. Be it poor or rich, people from village or from urban areas, festivals hold a different significance in everyone's lives. This is my first meeting after Diwali, so I convey my very warm wishes to you all.

Last time we had some general conversation. But then I came to some new realizations after that conversation. Sometimes we think leave it… nothing is going to change, people are indifferent, they will not do anything, our country is like this. From my last conversation in Mann Ki Baat to this one, I would urge you all to change this mindset. Neither is our country is like this nor our people indifferent. Sometimes I feel the Nation is way ahead and the government is lacking behind. And from my personal experience I will say that the governments too needs to change their mindsets. And I say that because I can see tremendous sense of commitment in the

Indian youth. They are very eager to do their bit and are just seeking an opportunity where they can do their bit. And they are making efforts at their own end. Last time I had asked them to buy at least one khadi outfit. I had not asked anyone to be Khadidhari, But the feedback I got from Khadi stores was that in a week's time the sales had jumped up by 125%. In this way, as compared to last year the sales this year is more than double in the week following 2nd Oct. This means, the people of our country is many times more than we think of. I salute all my fellow Indians.

Cleanliness…….. Can anyone imagine that cleanliness will become a such a huge public movement. The expectations are high and they should be so. I can see some good results, cleanliness can now be witnessed in two parts. One is those huge garbage piles which keep lying in the city; well the people in the government will work to remove those. It is a big challenge but you cannot run away from your responsibilities. All state governments and all municipalities will now have to take concrete actions due to the rising public pressure. Media is playing a very positive role in this. But there is the second aspect which gives me immense pleasure, happiness and a sense of satisfaction that the general public has started feeling that leave what happened in the past, now they will not dirty their surroundings. We will not add to the existing dirt. A gentleman Mr Bharat Gupta has sent me a mail on mygov.in from Satna, Madhya Pradesh. He has related his personal experience during his tour of the railways. He said that people eat on trains and usually litter around. He continues to say that he has been touring from the past many years but it is this time around no one was littering, rather they were looking for dustbins to throw their trash. When they could not see any arrangements they collected all their litter in a corner. He says that it was a very gratifying experience for me. I thank Bharat ji for sharing this experience with me.

What I am seeing is that this campaign has had a great

influence on kids. Many families mention that now whenever kids eat a chocolate they themselves pick the wrapper and disposes it. I was seeing a message on the social media. Someone had posted a picture with the Title "My hero of the Day". This picture was that of a little kid who, picks up trash, wherever he goes, even when going to school. He is himself motivated to do this. Just see…people now feel it is their country and they will not make it dirty. We will not add to the existing dirt pile. And those do litter feel ashamed for someone is around to point it out to them. I consider all these to be good omens.

Another thing is that many people come to meet me who are from all the sections of the society. They can be government officers, from film world, sports world, industrialists, scientists ……. All of them, whenever they interact with me, in ten minutes discussion, about four to five minutes the discussion is on social issues. Someone talks about cleanliness, while some others talk about education, while someone talks about social reforms. Some people discuss the ruining of family life. I initially thought if a businessman comes, he will definitely talk of things of his personal interest. But I am seeing a major change.

They talk less about their interest and more about taking on some or the other social responsibility. When I add up all these small incidents I see a larger picture and I realize that we are moving in the right direction. It is true that unhealthy environment leads to diseases and sickness, but where does sickness strike first. It first strikes the poor household. When we work towards cleanliness, we make a major effort in the direction of helping the poor. If the poor families are saved from diseases, then they will be saved from a lot of financial problems. If a person is healthy, then he will work hard, earn for the family and help in running the family smoothly. And so this cleanliness drive is directly related to the health and welfare of my poor brethren. We may not be

able to do something to help the poor, but even keeping the environs clean helps the poor in a big way. Let us view it from this perspective; it will be very beneficial.

I receive different kinds of letters. Last time I had mentioned about our specially abled children. Whom God has given some kind of deficiencies; I had expressed my feelings regarding those people. I see that people who work in this field are sending me their success stories. But I came to know about two things from my people in the government. The people from the HRD ministry after hearing my talk, felt the need to do something. And the officers came together to work out an action plan. This is an example of how changes are coming about in governance. One they have decided that those specially abled who want to pursue technical education, a thousand of them who are good will be selected for Special Scholarships, and a plan has been made. I congratulate the officials who could think in those lines. Another important decision is that all the Kendriya Vidyalaya's and all Central Universities will have a special infrastructure for the specially abled, for example if they can't climb stairs then there will be provision for ramps to facilitate movement by wheel chair. They need different kinds of toilets. The HRD ministry has decided to allocate an additional Lakh rupees to the Kendriya Vidyalays and Central universities. This fund will be used by these institutions to create infrastructure for the specially abled. This is an auspicious beginning……these things will lead us to change.

I had the chance to visit Siachin a few days back. I spent Diwali with the Jawans who are ready to lay down their lives for the nation. When the nation was celebrating Diwali I was at Siachin. It is because of them that we were able to celebrate Diwali, so I wanted to be with them. I experienced the difficulties in which they spent their time there. I salute all my Jawans. But I want to share another matter of great pride with you. Our Jawans work in the field of security. In

calamities, they risk their lives to save our life. They also fetch medals for us in sporting events. You will be glad to know that these Jawans have won a gold medal in a very prestigious event in Britain called Cambrian Patrol, defeating contestants from 140 nations. I offer these Jawans my heartiest congratulations.

I also got an opportunity to meet, the young and dynamic students, boys and girls over tea who had won medals in Sports. They give me renewed energy. I was seeing their zeal and enthusiasm. The facilities in our country are quite less as compared to other nations, but instead of complaining they were just sharing their joy and excitement. For me, this tea programme for these players was very inspiring, and I felt really good.

I would like to tell you something more and that too from my heart. I truly believe that people of my country trust my words and my intentions. But, today one more time, I want to reiterate my commitment. As far as black money is concerned, my people, please trust your Prime Servant, for me this is the Article of Faith. This is my commitment that the hard-earned money of the poor people stashed abroad, every penny of that should be brought back. The ways and means to be followed can be different. And this is very obvious in a democratic country, but on the basis of as much I understand and as much I know, I assure you that we are on the right track. Today, nobody, neither me, nor the government, nor you, nor even the previous government knew how much money is stashed abroad. Everyone gives estimate calculated in his/her own way. I don't want to get lost in some such figures and estimates, Its my commitment that, be it 2 rupees, or 5 rupees, or millions or even billions, this is the hard-earned money of the poor people of my country and it has to come back. And I assure you that I will keep trying till the end. No efforts will be spared. I want your blessings to be always with me. I assure you that I will do whatever and whenever something is required to be done for you. I give my commitment to you.

I have received a letter. It has been sent by Sri Abhishek Pareekh. The same sentiments were expressed to me by many mothers and sisters when I was not even the Prime Minister. Some doctor friends had also expressed their concern and I too have expressed my views on this issue a number of times in the past. Mr. Parikh has drawn my attention towards the increase of drug addiction that is fast catching up with our young generation. He has asked me to discuss this topic in "Mann ki Baat." I agree with his concern and I will definitely include this topic, in my next edition of Mann Ki Baat. I will discuss the topic of drugs, drug addiction and drug mafia and how they are a threat to our country's youth. If you have some experience, any information in this regard, if you have ever rescued any child from this drug addiction, if you know of any ways and means to help, if any government official has played a good role, if you give me any such information, I will convey such efforts to the public and together we will try to create an environment in each family that no child ever thinks of choosing this vice out of sheer frustration. I will definitely discuss this in detail in the next edition.

I know I am choosing those topics which put the government in the dock. But how long will we keep these things hiding? How long will we brush these important concerns under the carpet? Some day or the other we need to take a call, follow our instincts and for grand intentions tough calls are equally important. I am mustering the courage to do so because your love inspires me to do so. And I will continue to do such things because of your love.

Some people told me " Modi ji you asked us to send you suggestions on Facebook, twitter or email. But a large section of the social class does not have access to these facilities, so what can they do. Your point is very valid. Everyone does not have this facility. Well then, if you have something to say related to Mann Ki Baat, that you hear on the

radio even in the villages then do write into me on the following address.

Mann Ki Baat
Akashvani
Sansad Marg
New Delhi.

Even if you send some suggestions through letters they will definitely reach me. And I will take them seriously as active citizens are the biggest asset for development. You write one letter, it indicates that you are very active. When you give your opinion, it means that you are concerned with national issues and this is strength of the nation. I welcome you.

For my Mann Ki Baat, your mann ki baat sould also reach me. Maybe you will definitely write a letter. I will try and interact with you again next month. I will try, that whenever I talk, it is Sunday, around 11 am. So I am getting closer to you.

The weather is changing. Winters are slowly setting in. This is a good month for health. Some find it a good season for eating. Some find it good for wearing nice clothes. Besides food and clothes it is a good season for health. Don't let it go waste. Make the most of it.

Thank You.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

14 December 2014

My Dear Fellow Countrymen,

Today I have this great opportunity of interacting with you again. You must be wondering why a Prime Minister should be interacting the way I am doing it. Well, first and foremost, I am a less of your Prime Minister and more of a Pradhan Sewak (serving the people). Since childhood I have been hearing that by sharing, our intensity of pain become less while the intensity of our joys grow manifold. Well I think, this is the guiding thought behind Mann ki Baat. It is an opportunity for me to sometimes share my concern and sometimes my joy. Sharing my deepest concerns with you makes me feel light hearted and sharing my joy just doubles my happiness.

Last time, I mentioned my concern about the youth of the country. It is not because you chose me as the Prime Minister but because I feel concerned as an individual. Sons and daughters of many families are caught in the trap of drugs. It just does not destroy the person involved, but his entire family, the society and the Nation at large. Drug is such

a grave menace which destroys the most powerful individuals.

While serving as the Chief Minister of Gujarat, my officers with good records would often come to ask for leave. Initially they would hesitate to spell out the reasons, however on insisting they revealed that their child had fallen into the drug trap and they now need to spend time with their kids and rehabilitate them. I could see the bravest of my officers struggling to control their tears. I met suffering mothers too. In Punjab I had the chance to meet some mothers who were very angry and yet concerned about their children who had fallen into the trap of drugs.

We have to work together as a society to tackle this menace. I understand that the youth who fall into this drug trap are often blamed. We blame these youth as being careless and irresponsible. We perceive that the victims are bad but the fact is that the drugs are bad. The youth are not wrong; it is this addiction which is wrong. Let us not blame and wrong our kids. Let us get rid of this habit of addiction and not victimize our kids. Blaming the kids would push them further into addiction. This is in fact a psycho-socio-medical issue and let us treat it as such a problem. This menace needs to be handled carefully as its solution is not limited to medical intervention only. The individual concerned, his family, friends, the society, the government and the legal system all have to work in tandem to tackle this menace. Each one of us have to contribute to get rid of this menace..

A few days ago, I had organized a DGP level conference in Assam. I expressed my concern over this issue and my displeasure at the non-serious attitude of the people concerned. I have asked the police department to seriously discuss this issue and come out with relevant solutions. I have suggested the department to launch a toll free helpline. The families often feel ashamed to come out in open about the

addiction problem of their children. They have no one to confide in. Parents from any part, any corner of the country can freely approach the police if their children have fallen a victim to addiction. The department has taken this suggestion seriously and working towards its fulfillment.

The drug menace brings about the Three D's. These Three D's are not the ones related to entertainment but I am talking about the Three D's related to the three vices.

First D is Darkness, the second D is Destruction and the third D is Devastation.

Drugs lead a person to a blind path of destruction. There is nothing left in its trail but devastation. This is a topic of great concern and demands total attention.

I had mentioned this topic in my last address in Mann ki Baat. We received more than 7000 letters on our Akashvani address. Some letters were received in the government offices. We received responses on government portal, Mygov.in, online and through e-mails. Lakhs of comments were received on twitter and facebook. Hence, a deep rooted concern in the society's psyche has found a voice.

I am especially thankful to the media of our country for carrying this concern forward. Many channels conducted hour long programs. These programs were not just meant to criticize the government. They were forums for open discussion, a concern and an effort to come out with workable solutions. These initiatives created background for healthy discussions. The government was also sensitized to its responsibilities in this direction. The government can no longer remain neutral to these concerns.

There is a question I want to ask these youth caught in the drug trap. I want to ask these youth that when for three or four hours they are in a state of intoxication, they might be feeling free of all concerns, free of all tensions and in a different world altogether. But have you ever lent a thought to

the fact that when you buy drugs where does this money go to? Have you ever thought about it? Just make a guess. What if this drug money goes to the terrorists? What if this money is spent by the terrorists to procure weapons? And with this weapon the very same terrorist might be pumping bullets in the heart of my soldiers. The soldier of my country gets martyred. Have you ever thought about our soldiers- a soldier who is so dear to his mother, the treasured son of Mother India, the brave son of the soil is hit by a bullet probably funded by the money spent on purchasing drugs. I know and firmly believe that you too love your motherland and have tremendous respect for our soldiers. Then how can you support a habit which funds drug mafia and the terrorists.

Some people feel that when a person is in despair, faces failures and when he is directionless, he is an easy prey to drugs. But I feel that people who lack ambition, do not have any set goals and targets, who have a deep vacuum in their lives, are the ones where drugs will have an easy access. If you want to avoid drugs and save your children from this menace then foster ambition in them, give them dreams to pursue and make them individuals with a desire to achieve something in life. Then you will see that they will not be easily distracted. Their aim then will be to achieve something in life.

Have you ever followed a sportsman's life? A sportsman is motivated forever. In the bleak winters everyone feels like sleeping in the warmth of a quilt but a sportsman will still rise at 4 or 5 and go for his workouts. Why? because the goal is set. Similarly, if your child would be aimless, there are chances of him/her to fall prey to menace like drugs.

I remember the words of Vivekananda. These words are very apt for all the young people. Just keep repeating this thought over and over again. “Take a thought, make it your life. Ponder on it and dream about it. Make it an integral part

of your dreams. Make it a part of your mind, brain, veins and each and every part of your body and forget everything else".

This thought of Vivekananda is apt for every young person and that is why I say that each person should have an ambition in life. Having an ambition does not allow your focus on unnecessary things.

Some take it under peer pressure because it looks "cool", some consider it as a style statement. So sometimes the youth inadvertently fall into this serious trap, due to the wrong mental perception. Addiction is neither cool nor a style statement. In reality, it is a precursor to destruction. So whenever your friends boast about their drug habits, do not applaud and enjoy such conversation. Do not be a mute spectator to such absurdities. Have the courage to stand against such conversations and say NO. Have the guts to despise such a conversation, reject such a conversation and have the guts to tell the person that he is wrong.

I would like to share some views with the parents too. These days none of us have time. All of us are running against time to earn our livelihood. We are racing against time to improve the quality of our lives. But in this blind race, do we have the time to spare for our kids. Do we ever work for our kid's spiritual progress and discuss it with them, rather we discuss only material progress. How are they doing in their studies, what has been their progress in exam, what to eat and what not to eat, where to go and where not to go – majorly these topics form the core of the entire interactions. Do we share such a relationship that our children can bare their hearts to us? I request all of you to do this. If your children share a frank relationship then you can very well know what is going on in their life. Children do not take to bad habits suddenly. It happens gradually and it also impacts the home. Observe the changes that are happening in your home. If you observe closely then I believe that you may be successful in

detecting the problem at the very beginning. Be aware of your child's friend circle and don't keep your conversations focused just about progress. Your concern should extend to their inner depths, their thoughts, their logic, their books, their friends and their mobiles – how and where are they spending their time. These need to be taken care of. I believe that no one else can do what a parent can for their kids. Our ancestors have left us certain pearls of wisdom and that is why they are known as statesmen. A saying goes like this:

Paanch Varsh Laaw Lijiye
Dass Laaw Tadan dei
Paanch Varsh Laaw Lijiye
Dass Laaw Tadan dei
Sut Hi Solah Varsh Mein
Mitra Sarij Gani Dei

This means that till 5 years of age a child should grow in the loving and tender care of his parents, by the time he is 10 the values of discipline should be inculcated in him. Sometimes we see that an intelligent mother gets angry and does not speak with her child throughout the day. This is a big punishment for the child. The mother punishes herself but the child too gets punished in turn. The mother just has to say that I will not talk and the 10 year old will remain worried the whole day long. He changes his habit and by the time he is of 16 years then the relationship should turn like a friend towards him. There should be an open conversation with him. This is a brilliant advice which has been passed on by our ancestors. I would like to see this inculcated in our family life.

Another thing brought to our notice is the role of the pharmacists. Some of the medicines lead to addiction. So such medicines should not be distributed without a doctor's prescription. Sometimes a simple thing like a cough syrup can trigger addiction. It becomes the starting point for addiction. There are quite a few things that I would not like to raise from

this platform. But we will have to follow and accept this discipline.

These days many children from villages go to city for higher education and start living in a hostel or a boarding school. I have heard that sometimes these avenues become the entry point of such addiction. For this the education system, the society and the security force will have to act as a vigilante. Each one will have to fulfill their roles and responsibilities. The government will fulfill the responsibilities on its end. We should constantly strive to fulfill our obligations.

I would also like to mention about the letters we have received. Some of them are interesting, some are filled with grief and some are inspiring. I cannot mention all, but I would like to mention one. There was a certain Mr. Dutt. He was deep into addiction .He was also jailed where he had several restrictions. Then later his life changed. He studied in jail and then his life was transformed. His story is very famous. He was in Yerawada Jail. There might be many such inspiring stories. Many people have been victorious in their fight against addiction. We too can come out of such habits and so we should definitely try. We should make efforts for de-addiction and rehabilitation. I would ask celebrities to be a part of this initiative – be it from the field of cinema, sports or someone concerned with public life. Be it the cultural or spiritual world, we should use every possible platform to create awareness. There should be constant messages in public interest. They will certainly have an effect. Those active on the social media, I would request them to create a continuous online movement by joining #DrugsFreeIndia hash-tag. This is more relevant because most of the addicted youth are a part of the social media. If we take this #DrugsFreeIndia hash-tag movement forward then we will do a great service for public awareness and education.

I want to take this concern forward. I would request all those who have successfully come out of this addiction to share their stories. I touched this topic because like I said in the beginning grief becomes less on sharing. This is a topic of national concern and I am not here to sermonize. And neither am I entitled to preach. I am just sharing my grief with you. Those families who are suffering from this menace, I want to share their pain as well. I want to create a responsible environment. There can be difference of opinions but let us make a beginning somewhere.

Like I mentioned before, I want to share happiness. Last week I had the opportunity to meet the Blind Cricket Team. They had won the world cup. What joy and excitement, they were exuding great self confidence. God has given us everything, eyes, hands, legs i.e. we are totally capable yet we lack this kind of determination and passion which I could see in the blind cricketers. What zeal and enthusiasm, really it was contagious. I felt super charged after meeting them. Such incidents bring great pleasure in life.

In the past few days there was yet another important news. The cricket team from Kashmir defeated Mumbai on their home ground. I do not view it as a matter of someone's victory and other's loss. I view it differently. All the stadiums in Kashmir have been inundated after the floods. Kashmir is passing through a tough phase. The circumstances have been extremely grim with these boys not standing any chance to practice. But the Team Spirit shown by these boys, their conviction and determination is awe inspiring. These boys have shown us that one can overcome the most trying and testing circumstances if one remains focused on our goals. This news gave me immense pleasure and I take this opportunity to congratulate all these players on their victory.

Two days back, the United Nations has decided to celebrate June 21st as International Yoga Day. It is a matter of

great pride and honour for India. Our ancestors developed a beautiful tradition and today the entire world is associated with it. It does not merely benefit one personally but it has the potential to bring all the people together globally. The entire world came together on the issue of Yoga in the UN and a unanimous resolution was passed just two days back. 177 countries became the co-sponsors. In the past when it was decided to celebrate the birthday Mr. Nelson Mandela, 165 countries became co-sponsors. Before that efforts were on for International Toilet Day and 122 nations became co-sponsors to that initiative too. For celebrating Oct 2nd as Non Violence Day 140 Countries became co-sponsors, before that. But 177 countries co- sponsoring Yoga is a world record of sorts. I am thankful to all the countries that have come out in support and have honored the sentiments of the Indians and decided to observe World Yoga Day. It is now our duty that Yoga reaches out to the masses in its true essence.

Last week I had the chance to have a meeting with the Chief Ministers of all the states. This tradition has been going on for the past 50-60 years. This time it was organized at the Prime Minister's residence. We started it as a retreat program with no papers, no files and no officers. It was a simple interaction where the Prime Minister and Chief Minister were all the same, seated together like friends. For an hour or two, matters of national concern were seriously discussed in a friendly atmosphere. Everyone just poured their hearts out. There was no political agenda involved. This too was a memorable experience that I wanted to share with you.

Last week I had the chance to travel to the North East. I had been there for three days. Many a times youth express their desire to see the Taj, Singapore or Dubai. But I would urge all the nature lovers, all who want to experience the divinity in nature, to take a tour of the North East. I had gone earlier too. This time when I went as the Prime Minister, I

tried to explore its potential. Our North east has tremendous potential and possibilities. It's a land of beautiful people and beautiful surroundings. I was filled with immense joy visiting that place. Sometimes people ask Modi ji don't you get tired? I want to say that whatever little fatigue I had, well the North East took it away completely, I am thoroughly rejuvenated. Such is the pleasure that I derived from that visit. The love and respect accorded by the people there is something that will stay with me forever. The kinship and affinity showed by the people of the North East touched me deeply. I will also tell you, it is not a joy for only Modi to enjoy, it is there for you to enjoy too. So do travel to the North East and enjoy.

The next edition of Mann Ki Baat will happen in 2015. This is probably my last program in 2014. I wish you all a Merry Christmas. I would like to wish all the very best of New Year hes in advance. It gives me immense pleasure to know that this program Mann Ki Baat is broadcast in regional languages by the Local Radio stations that same night at 8 pm. And it is surprising to know some of the regional voice-over artists also speak in the voice very similar to me. I am surprised at the brilliant work being done by the artists associated at Akashvani and I would like to congratulate them. I consider this as an effective medium to connect to the masses. We have had tremendous response. Seeing the response Akashvani has devised a new method. They have taken a new Post Box number. So now if you wish to write into me you can write on this Post Box number.

Mann Ki Baat
Post Box no 111, Akashvani
New Delhi.

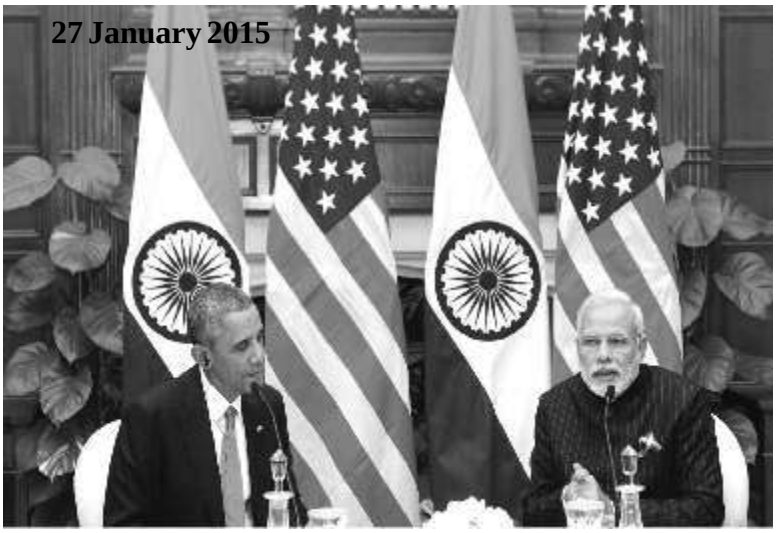
I will be awaiting your letters. You do not realize that your letters become my inspiration. Some suggestions

penned down can do good to the entire nation. I am thankful to you all. We will meet next in 2015 and on some Sunday morning we will again have our own Mann Ki Baat.

Thank you very much.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)



(Hon'ble Shri Narendra Modi):

Today, Shri Barack Obama, President of the United States, joins us in a special programme of Mann Ki Baat. For the last few months, I have been sharing my "Mann Ki Baat" with you. But today, people from various parts of the country have asked questions.

But most of the questions are connected to politics, foreign policy, economic policy. However, some questions touch the heart. And I believe if we touch those questions today, we shall be able to reach out to the common man in different parts of the country. And therefore, the questions asked in press conferences, or discussed in meetings – instead of those – if we discuss what comes from the heart, and repeat it, hum it, we get a new energy. And therefore, in my opinion, those questions are more important. Some people wonder, what does "Barack" mean? I was searching for the meaning of Barack. In Swahili language, which is spoken in parts of Africa, Barack means, one who is blessed. I believe, along with a name, his family gave him a big gift.

African countries have lived by the ancient idea of *'Ubuntu'*, which alludes to the 'oneness in humanity'. They say – "I am, because we are". Despite the gap in centuries and borders, there is the same spirit of Vasudhaiva Kutumbakam, which speak of in India. This is the great shared heritage of humanity. This unites us. When we discuss Mahatma Gandhi, we remember Henry Thoreau, from whom Mahatma Gandhi learnt disobedience. When we talk about Martin Luther King or Obama, we hear from their lips, respect for Mahatma Gandhi. These are the things that unite the world.

Today, Barack Obama is with us. I will first request him to share his thoughts. Then, I and Barack will both answer the questions that have been addressed to us.

I request President Barack Obama to say a few words.

(Hon'ble Shri Barack Obama):

Namaste! Thank you Prime Minister Modi for your kind words and for the incredible hospitality you have shown me and my wife Michelle on this visit and let me say to the people of India how honoured I am to be the first American President to join you for Republic Day; and I'm told that this is also the first ever Radio address by an Indian Prime Minister and an American President together, so we're making a lot of history in a short time. Now to the people of India listening all across this great nation. It's wonderful to be able to speak you directly. We just come from discussions in which we affirmed that India and the United States are natural partners, because we have so much in common. We are two great democracies, two innovative economies, two diverse societies dedicated to empowering individuals. We are linked together by millions of proud Indian Americans who still have family and carry on traditions from India. And I want to say to the Prime Minister how much I appreciate your strong personal commitment to strengthening the relationship between these two countries.

People are very excited in the United States about the

energy that Prime Minister Modi is bringing to efforts in this country to reduce extreme poverty and lift people up, to empower women, to provide access to electricity, and clean energy and invest in infrastructure, and the education system. And on all these issues, we want to be partners. Because many of the efforts that I am promoting inside the United States to make sure that the young people get the best education possible, to make sure that the ordinary people are properly compensated for their labour, and paid fair wages, and have job security and health care. These are the same kinds of issues that Prime Minister Modi, I know cares so deeply about here. And I think there's a common theme in these issues. It gives us a chance to reaffirm what Gandhi ji reminded us, should be a central aim of our lives. And that is, we should endeavour to seek God through service of humanity because God is in everyone. So these shared values, these convictions, are a large part of why I am so committed to this relationship. I believe that if the United States and India join together on the world stage around these values, then not only will our peoples be better off, but I think the world will be more prosperous and more peaceful and more secure for the future. So thank you so much Mr. Prime Minister, for giving me this opportunity to be with you here today.

(Hon'ble Shri Narendra Modi):

Barack the first question comes from Raj from Mumbai

His question is, the whole world knows about your love for your daughters. How will you tell your daughters about youre experience of India? Do you plan to do some shopping for them?

(Hon'ble Shri Barack Obama):

Well first of all they very much wanted to come. They are fascinated by India, Unfortunately each time that I have taken a trip here, they had school and they couldn't leave

school. And in fact, Malia, my older daughter, had exams just recently. They are fascinated by the culture, and the history of India, in part because of my influence I think, they are deeply moved by India's movement to Independence, and the role that Gandhi played, in not only the non-violent strategies here in India, but how those ended up influencing the non-violent Civil Rights Movement in the United States. So when I go back I am going to tell them that India is as magnificent as they imagined. And I am quite sure that they are going to insist that I bring them back the next time I visit. It may not be during my Presidency, but afterwards they will definitely want to come and visit.

And I will definitely do some shopping for them. Although I can't go to the stores myself, so I have to have my team do the shopping for me. And I'll get some advice from Michelle, because she probably has a better sense of what they would like.

(Hon'ble Shri Narendra Modi):

Barack said he will come with his daughters. I extend an invitation to you. Whether you come as President, or thereafter, India looks forward to welcoming you and your daughters.

Sanika Diwan from Pune, Maharashtra has asked me a question. She asks me, whether I have sought assistance from President Obama for the Beti Bachao, Beti Padhao Mission

Sanika you have asked a good question. There is a lot of worry because of the sex ratio in India. For every 1000 boys, the number of girls is less. And the main reason for this is that, there is a defect in our attitudes towards boys and girls.

Whether or not I seek help from President Obama, his life is in itself an inspiration. The way he has brought up his two daughters, the way he is proud of his two daughters.

In our country too, I meet many families who have only daughters. And they bring up their daughters with such pride, give them such respect, that is the biggest inspiration. I believe that inspiration is our strength. And in response to your question, I would like to say, to save the girl child, to educate the girl child, this is our social duty, cultural duty, and humanitarian responsibility. We should honour it.

Barack, there is a question for you. The second question for President Obama comes through e-mail: Dr. Kamlesh Upadhyay, a Doctor based in Ahmedabad, Gujarat – Your wife is doing extensive work on tackling modern health challenges like obesity and diabetes. These are increasingly being faced in India as well. Would you and the First Lady like to return to India to work on these issues after your Presidency, just like Bill and Melinda Gates?

(Hon'ble Barack Obama):

Well, we very much look forward to partnering with organizations, and the government and non-governmental organizations here in India, around broader Public Health issues including the issue of obesity. I am very proud of the work that Michelle has done on this issue. We're seeing a world-wide epidemic of obesity, in many cases starting at a very young age. And a part of it has to do with increase in processed foods, not naturally prepared. Part of it is a lack of activity for too many children. And once they are on this path, it can lead to a life time of health challenges. This is an issue that we would like to work on internationally, including here in India. And it is a part of a broader set of issues around global health that we need to address. The Prime Minister and I have discussed, for example, how we can do a better job in dealing with issues like pandemic. And making sure that we have good alert systems so that if a disease like Ebola, or a deadly flu virus, or Polio appears, it is detected quickly and then treated quickly so that it doesn't spread. The public health infrastructure around the world needs to be improved. I

think the Prime Minister is doing a great job in focusing on these issues here in India. And India has a lot to teach many other countries who may not be advancing as rapidly in improving this public health sector. But it has an impact on everything, because if children are sick they can't concentrate in school and they fall behind. It has a huge economic impact on the countries involved and so we think that there is a lot of progress to be made here and I am very excited about the possibilities of considering this work even after I leave office.

(Hon'ble Shri Narendra Modi):

Mr. Arjun asks me a question. An interesting question. He says he has seen an old photo of me as a tourist outside the White House. He asks me what touched me when I went there last September.

It is true that when I first went to America, I was not lucky enough to visit the White House. There is an iron fence far from the White House. We stood outside the fence and took a photograph. White House is visible in the background. Now that I have become Prime Minister, that photo too has become popular. But at that time, I had never thought that sometime in my life, I would get a chance to visit the White House. But when I visited the White House, one thing touched my heart. I can never forget that. Barack gave me a book, a book that he had located after considerable effort. That book had become famous in 1894. Swami Vivekananda, the inspiration of my life, had gone to Chicago to participate in the World Religions Conference. And this book was a compilation of the speeches delivered at the World Religions Conference. That touched my heart. And not just this. He turned the pages of the book, and showed me what was written there. He had gone through the entire book! And he told me with pride, I come from the Chicago where Swami Vivekananda had come. These words touched my heart a lot. And I will treasure this throughout my life. So once, standing far from the White House and taking a photo, and then, to visit

the White House, and to receive a book on someone whom I respect. You can imagine, how it would have touched my heart.

Barack there is a question for you. Himani from Ludhiana, Punjab. Question is for you …..:

(Hon'ble Shri Barack Obama):

Well the question is "Did you both imagine you would reach the positions that you've reached today?"

And it is interesting, Mr. Prime Minister, your talking about the first time you visited White House and being outside that iron fence. The same is true for me. When I first went to the White House, I stood outside that same fence, and looked in, and I certainly did not imagine that I would ever be visiting there, much less living there. You know, I think both of us have been blessed with an extraordinary opportunity, coming from relatively humble beginnings. And when I think about what's best in America and what's best in India, the notion that a tea seller or somebody who's born to a single mother like me, could end up leading our countries, is an extraordinary example of the opportunities that exist within our countries. Now I think, a part of what motivates both you and I, is the belief that there are millions of children out there who have the same potential but may not have the same education, may not be getting exposed to opportunities in the same way, and so a part of our job, a part of government's job is that young people who have talent, and who have drive and are willing to work for, are able to succeed. And that's why we are emphasizing school, higher education. Making sure that children are healthy and making sure those opportunities are available to children of all backgrounds, girls and boys, people of all religious faiths and of all races in the United States is so important. Because you never know who might be the next Prime Minister of India, or who might be the next President of United States. They might not always look the

part right off the bat. And they might just surprise you if you give them the chance.

(Hon'ble Shri Narendra Modi):

Thank you Barack.

Himani from Ludhiana has also asked me this question – did I ever imagine I would reach this high office?

No. I never imagined it. Because, as Barack said, I come from a very ordinary family. But for a long time, I have been telling everyone, never dream of becoming something. If you wish to dream, dream of doing something. When we do something, we get satisfaction, and also get inspiration to do something new. If we only dream of becoming something, and cannot fulfil the dream, then we only get disappointed. And therefore, I never dreamt of becoming something. Even today, I have no dream of becoming something. But I do dream of doing something. Serving Mother India, serving 125 crore Indians, there can be no greater dream than this. That is what I have to do. I am thankful to Himani.

There is a question for Barack from Omprakash. Omprakash is studying Sanskrit at JNU. He belongs to Jhunjunu, Rajasthan. Om Prakash is convener of special centre for Sanskrit Studies in JNU.

(Hon'ble Shri Barack Obama):

Well this is a very interesting question. His question is, the youth of the new generation is a global citizen. He is not limited by time or boundaries. In such a situation what should be the approach by our leadership, governments as well as societies at large.

I think this is a very important question. When I look at this generation that is coming up, they are exposed to the world in ways that you and I could hardly imagine. They have the world at their fingertips, literally. They can, using their mobile phone, get information and images from all around the

world and that's extraordinarily powerful. And what that means, I think is that, governments and leaders cannot simply try to govern, or rule, by a top-down strategy. But rather have to reach out to people in an inclusive way, and an open way, and a transparent way. And engage in a dialogue with citizens, about the direction of their country. And one of the great things about India and the United States is that we are both open societies. And we have confidence and faith that when citizens have information, and there is a vigorous debate, that over time even though sometimes democracy is frustrating, the best decisions and the most stable societies emerge and the most prosperous societies emerge. And new ideas are constantly being exchanged. And technology today I think facilitates that, not just within countries, but across countries. And so, I have much greater faith in India and the United States, countries that are open information societies, in being able to succeed and thrive in this New Information Age; than closed societies that try to control the information that citizens receive. Because ultimately that's no longer possible. Information will flow inevitably, one way or the other, and we want to make sure we are fostering a healthy debate and a good conversation between all peoples.

(Hon'ble Shri Narendra Modi):

Omprakash wants me too, to answer the question that has been asked to Barack.

Barack has given a very good answer. It is inspiring. I will only say, that once upon a time, there were people inspired primarily by the Communist ideology. They gave a call: Workers of the world, Unite. This slogan lasted for several decades. I believe, looking at the strength and reach of today`s youth, I would say, Youth, Unite the world. I believe they have the strength and they can do it.

The next question is from CA Pikashoo Mutha from Mumbai, and he asks me, which American leader has inspired you

When I was young, I used to see Kennedy`s pictures in Indian newspapers. His personality was very impressive. But your question is, who has inspired me. I liked reading as a child. And I got an opportunity to read the biography of Benjamin Franklin. He lived in the eighteenth century. And he was not an American President. But his biography is so inspiring – how a person can intelligently try to change his life.

If we feel excessively sleepy, how can we reduce that?

If we feel like eating too much, how can we work towards eating less?

If people get upset with you that cannot meet them, because of the pressure of work, then how to solve this problem?

He has addressed such issues in his biography. And I tell everyone, we should read Benjamin Franklin`s biography. Even today, it inspires me. And Benjamin Franklin had a multi-dimensional personality. He was a politician, he was a political scientist, he was a social worker, he was a diplomat. And he came from an ordinary family. He could not even complete his education. But till today, his thoughts have an impact on American life. I find his life truly inspiring. And I tell you too, if you read his biography, you will find ways to transform your life too. And he has talked about simple things. So I feel you will be inspired as much as I have been.

There is a question for Barack, from Monika Bhatia.

(Hon'ble Shri Barack Obama):

Well the question is "As leaders of two major economies, what inspires you and makes you smile at the end of a bad day at work?"

And that is a very good question. I say sometimes, that the only problems that come to my desk are the ones that nobody else solves. If they were easy questions, then

somebody else would have solved them before they reached me. So there are days when it's tough and frustrating. And that's true in Foreign Affairs. That is true in Domestic Affairs. But I tell you what inspires me, and I don't know Mr. Prime Minister if you share this view – almost every day I meet somebody who tells me, "You made a difference in my life."

So they'll say, "The Health-Care law that you passed, saved my child who didn't have health insurance." And they were able to get an examination from a Physician, and they caught an early tumour, and now he is doing fine.

Or they will say "You helped me save my home during the economic crisis."

Or they'll say, "I couldn't afford college, and the program you set up has allowed me to go to the university."

And sometimes they are thanking you for things that you did four or five years ago. Sometimes they are thanking you for things you don't even remember, or you're not thinking about that day. But it is a reminder of what you said earlier, which is, if you focus on getting things done as opposed to just occupying an office or maintaining power, then the satisfaction that you get is unmatched. And the good thing about service is that anybody can do it. If you are helping somebody else, the satisfaction that you can get from that, I think, exceeds anything else that you can do. And that's usually what makes me inspired to do more, and helps get through the challenges and difficulties that we all have. Because obviously we are not the only people with bad days at work. I think everybody knows what it is like to have a bad day at work. You just have to keep on working through it. Eventually you make a difference.

(Hon'ble Shri Narendra Modi):

Indeed Barack has spoken words from the heart

(Mann Ki Baat). Whatever position we may hold, we are human too. Simple things can inspire us. I also wish to narrate an experience. For many years, I was like an ascetic. I got food at other people`s homes. Whoever invited me, used to feed me as well. Once a family invited me over for a meal, repeatedly. I would not go, because I felt they are too poor, and if I go to eat at their place, I will become a burden on them. But eventually, I had to bow to their request and love. And I went to eat a meal at their home. It was a small hut, where we sat down to eat. They offered me roti made of bajra (millet), and mik. Their young child was looking at the milk. I felt, the child has never even seen milk. So I gave that small bowl of milk to the child. And he drank it within seconds. His family members were angry with him. And I felt that perhaps that child has never had any milk, apart from his mother`s milk. And maybe, they had bought milk so that I could have a good meal. This incident inspired me a lot. A poor person living in a hut could think so much about my well-being. So I should devote my life to their service. So these are the things that serve as inspiration. And Barack has also spoken about what can touch the heart.

I am thankful to Barack, he has given so much time. And I am thankful to my countrymen for listening to Mann Ki Baat. I know radio reaches every home and every lane of India. And this Mann Ki Baat, this special Mann Ki Baat will echo forever.

I have an idea. I share it with you. There should be an e-book made of the talk between Barack and me today. I hope the organizers of Mann Ki Baat will release this e-book. And to you all, who have listened to Mann Ki Baat, I also say, do participate in this. And the best hundred thoughts that emerge out of this, will also be added to this e-book. And I want you to write to us on Twitter, on Facebook, or online, using the hashtag #YesWeCan.

Eliminate Poverty – #YesWeCan
Quality Healthcare to All – #YesWeCan
Youth empowered with Education – #YesWeCan
Jobs for All – #YesWeCan
End to Terrorism – #YesWeCan
Global Peace and Progress – #YesWeCan

I want you to send your thoughts, experiences and feelings after listening to Mann Ki Baat. From them, we will select the best hundred, and we will add them to the book containing the talk that Barack and I have had. And I believe, this will truly become, the Mann Ki Baat of us all.

Once again, a big thank you to Barack. And to all of you. Barack`s visit to India on this pious occasion of 26th January, is a matter of pride for me and for the country.

Thank you very much.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

22 February 2015

Hello, my young friends. Today probably the entire day you must have been preoccupied with the ongoing cricket match. On the one hand you have exams and on the other this world cup, you might be asking your younger sister to tell you the score of the match from time to time. Sometimes you must be elated about the fact that Holi is around the corner and then suddenly you would be feeling disappointed that even Holi festivities will go in for a toss. Why? Because the exams are approaching and I am sure you must be feeling this way. But friends, I am there with you in your moment of crisis. This is an important occasion for you; hence I am there to offer my support. I am not here to lecture you; I intend to have some light conversations with you.

You have been studying hard and you are tired. Mother scolds you and so does your father and teachers. God only knows what all you have to hear day in and out. Keep the phone, switch off the TV, entire day you are glued to the computer- everyday you must be hearing the same things. Be it the class X or the class XII, the whole year long you might be getting to hear the same things. And you might be sincerely

wishing that sooner the exams finish better it will be, isn't it? I understand your mental condition and hence I am here to share Mann ki baat with you. But this topic is a little difficult.

As far as today's topic is concerned, the parents might be wishing that I touch those issues that they cannot discuss with their children. Teachers must be wishing that I say the right things to the kids and the students might be wishing that I say things which might ease the pressure at home. I do not know who will benefit from my conversation but I will have the satisfaction to know that I was there with my young friends in the most important occasion of their life, that I was sharing my inner feelings with them. This is my idea behind the conversations. I do not have the right to guide you on how to write a paper or how to pass the exams well. I cannot guide you on the tricks to obtain better marks because I consider myself an average student on such issues. I have myself never scored well in any exams in my life. I was a very average student and on top of that I had a very bad handwriting. So I think that most of the time I passed the exams as the teachers could not comprehend my handwriting. Well so much for the light talks.

But today I want to definitely tell you something important. How you approach exams goes a long way in deciding the results of your exams. There are many people I have seen who view this as the most important challenge of their lives and they believe that a failure here means failure for life. But friends, this is not so, and so don't take undue stress. Yes, you must be determined to get good results. The determination should be strong and the motivation high. But the exams should not be a burden. This is not the exam which is going to test your performance in life. So do not bother much about it.

Sometimes, don't you think we tend to make exams a huge burden and the reason behind this is that if we have

friends and relatives who have children studying in the same class as your child, if your child and your relative's child are also in class tenth, then there is constant comparison? There is a feeling that our child should fare better than everyone else's child, even your friend's child. And it is this constant comparison that creates a pressure on your child. You feel that your child earns a name amongst the family and friends. But is it really his name or your own prestige that you are worried about? Don't you feel that you are the one responsible for making your child a part of an undue competition? Can't we associate him to larger vision and greater meaning of life? How does he cope with the competition to be same as your neighbor's friend circle? And is this really what you want? Just give s thought on it? Just think, in trying to compete with others, how you have belittle your own child's life. Is it fair? When you talk to children, talk about big dreams, talk of greater heights that can be achieved and you will see a change happening.

Friends, there is something that always bothers us. We always measure our success in comparison to others. Our entire energy is spent in useless competition. There are many points in life where competition is necessary but for self development competition with others might not be a good motivator but competing with oneself each day should be the primary motivation. So start competing with yourself, compete with yourself to do better, to do faster, to do more and to reach new heights. Concentrate on compete with yourself to make today better than the past. And you will find that this spirit of competition will give you such a lot of joy and satisfaction that you yourself can't imagine. We remember the athlete Sergei Bubka very fondly. This athlete broke his own records over 35 times. He would test himself only. Every time he would set himself a new challenge and scale new heights. You also follow the same and then see that nothing can stop you from achieving success.

Dear friends, even students are of different types. Some people, irrespective of the exams they may face, they are always happy about it, while some just collapse under the burden of exams. And some keep hiding behind the books in some corner of the house. But despite the type, exams are still exams and it is necessary to pass in them and I also wish that you pass well. But sometimes you must have noticed that we are seeking some causes externally. We seek reasons outside when we are confused about ourselves. We do not have faith in ourselves as if we are giving some exam for the first time. If someone is watching TV and the pitch is loud, we get irritated. If the mother calls for food we are irritated, but at the same time if our friend calls up, we end up chatting for an hour. Don't you think that you have some confusion about yourself?

Friends it is important for you to identify yourself. Just keep doing simple things; you do need to go far. If you have a sister or your friend has a sister and who is appearing in X or XII standard exam, just observe them. You will see, whether it is X or XII, the girls will definitely help the mothers in the household chores. Have you ever thought that how do they manage to do work and yet score well in exams. Nowadays the girls are far ahead of boys in examination results. Just observe this around you.

This will make you realize that issues that bother you are not external. Sometimes the reasons are internal. If you are in self doubt then confidence cannot help. And that is why I say that as confidence dips, blind faith starts to envelope us and we then start seeking excuses outside. Some students are such that we call them Aarambhishura. Everyday a new thought, everyday a new desire, everyday a new resolution, and then this resolution dies an early death and we are left where we started. I clearly believe that these ever changing desires are called whims by the people. Friend, family and relatives make fun of you and hence I would suggest that you have fixed desires. These desires in turn will become

resolutions. And resolutions can never be futile. Resolutions are accompanied by goals. And when goals and action come together, resolutions are achieved. That is why I say Desire + Stability = Resolution. Resolution + action = achievements. I have complete faith that in your life too achievements will be at your feet if only you dedicate yourself. Dedicate yourself to your commitment and keep it positive. Don't be bothered about defeating others. Think of taking yourself further from where you already are. And so test yourself everyday against your own limits, so that however big a challenge in life comes, we will not have any problem. And why should someone else take our exam? Make it a habit to take your exam yourself. Each day we will test ourselves. We will see if we have progressed from where we were yesterday. Have I reached further than yesterday, have I achieved more than what I achieved yesterday. Each day, every moment, keep testing yourself. Then such tests will bother you no more in life. Every exam will be an opportunity to test and regulate oneself and someone who can regulate himself knows to face challenges boldly. And so who sets himself challenges of life finds these classroom exams very small.

Sometimes we far exceed our own expectations. Just try and remember the good works that you have done. You will be surprised at your own achievement. Last year you were sick and yet you got good marks. Last year your uncle got married, one full week got wasted but still you managed to score very well. Earlier you would sleep for six hours and then last year you decided you will sleep for only five hours and you did it. What advice can Modi give you? You become your own advisor and as Lord Buddha said Uppa Deepo Bhavahah.

It is my belief that one should recognize one's inner light, recognize one's potential. Those who set themselves a new limit each time are the ones who scale greater heights. Secondly, sometimes we are busy thinking about the distant

future. Some people live in the past. Don't do so during your exams. During examinations it is better to be in the present. Does a batsman anytime try and recall when he was out for a duck. Or does he think whether we will win this entire series or not. Once he enters a match does he think that I will come out only after hitting a century? Not really. In my opinion a good batsman is focused on the ball he is facing. He does not think of the next ball or of the match, or of entire series. You also fix your mind in the present. To win there is only one formula. Live in the present, connect with the present. Victory will be yours.

My dear friends, do you think exams are meant to exhibit your capacity. If this is what you think then you are wrong. Who do you have to show your capacity? Who do you need to demonstrate it to? You should think that these exams are not to demonstrate your capacity but to realize your own potential. If you make this basic mantra your calling, your confidence will get a new boost. Once you realize your potential and understand yourself, then you yourself will keep fostering your strengths this strength will translate into a new potential and so don't take exams as a medium of exhibition, take it as an opportunity. This is an opportunity to know oneself, to explore oneself and to be living with oneself. So live on, my friends.

Friends I have seen that there are many students who become nervous during exams. Some go to the extent that look today was my exam and Mama did not even wish me. Uncle did not wish me and elder brother did not wish me. And probably this issue is debated for an hour or two in the family- who did not wish, who called up to wish, did he send flowers or not. Friends rise above all this, do not get involved in all this. Think about all this when exams are over. If you have faith in yourself then such things will not arise. I have seen that many students become nervous. I know that some people have the tendency to become nervous. Some families have

such an environment. I believe that the reason for nervousness is the lack of faith in oneself. How do you get this faith in yourself- if you gain mastery in your subject, you have worked hard and have done multiple revisions. If you have the confidence that you have mastery in some subject, you will see that out of the 5-7 subjects there are only 2-3 topics for which you are never worried. Nervousness is about some one or two topics. If you have mastered the subject you will not be nervous.

All the hard work that you have done in the past year, all those books that you have studied through the night they will not go waste. It will be there somewhere in your mind. As soon as you sit on your examination desk it will come back to you. You should trust your knowledge, your information. Have the faith that all the hard work you have done will certainly bear fruit and secondly be confident about your strengths. You should have the faith that however difficult the exam is, you will crack it successfully. However lengthy the exam is, 'I will successfully complete it'. You should be confident about the timing, be it a two hour or a three hour paper that you will finish it before time. I still remember, maybe you have been told too, our teachers instructed us to do easy questions first and tackle the difficult ones later. I believe someone must have told you the same and I believe that you will follow it.

Friends, I have received many suggestions and experiences on MyGov.in. I will pass them on to the education ministry but I would like to mention a few things here.

Arnav Mohta writes from Mumbai, Maharashtra that some people make these exams an issue of life and death. As if entire world will finish if one fails these exams. Vinita Tiwari writes from Varanasi that the news of children committing suicide on the declaration of these results saddens her. You too

must be hearing such news, but I have got good response from it from another gentleman. Mr. R Kamath has send in some good words. He has asked the students not to become worriers but warriors. Really we should not sink in worries but should be a warrior in the battlefield. I believe that we should not drown in our worries; we should march ahead with the belief that victory will be ours. Life is very long. There are ups and downs but one should not perish with them. Sometimes, unwanted results are an indication to move forward. They give us the opportunity to find new strength.

I have also witnessed another thing. Students as soon as they are out of the examination hall, they start estimating how they fared. Friends and family too ask the same question. How was today's paper? Whatever is finished is over, please forget about it. I would also request the parents not to ask such questions. As soon as he gets out say, oh the glow on your face says that you have done well. Ok good…. Let us go and prepare for tomorrow. Create this mood and friends I also tell you… what will be the impact if you calculate and come to know that two questions are wrong and you would lose 6 marks, then tell me will it not impact your performance the other day? So why waste time on this? Why waste your energy on this? After all the exams are over, whatever calculations you want to make you are free to do them. How many marks will be scored, that should not be your concern at the time of exams. After the paper finishes concentrate on the next day's paper, forget the day's paper and you will see your burden lessening by 20-25 %.

Quite a few thoughts are rising in my mind. I do not know if they will be useful now that the exams are near. But I would like to tell my educator and academician friends that can't we celebrate a week long exam festival twice in a year in each term. It should have a sarcastic poetry session, or a cartoon competition, a debate competition. There should be someone to lecture on the psychological aspects of exams so

that this tension around the exams gets eliminated. If exams become a celebration then the students would not need to spend time like the way they are doing today in hearing this out. The students will themselves become confident. Also I believe that while teaching the syllabus, a separate lecture should be conducted on topics pertaining to exams. This environment of tension is not conducive.

Friends, I know that whatever I am telling you, you must have heard a lot more than that. Your parents must have lectured you, so must have the teachers. I do not want to confuse you by talking more on this subject. I want to believe that all the sons and daughters of this land who are going to give exams remain happy and joyful and give exams with a free mind.

I am talking to make you happy. You will get good results .You will be successful, make exams a celebration, give exams in a joyful mood, enjoy achievement each day, and change the entire atmosphere. Parents, teachers, and school –all should get together and experience what it is like to challenge the challenges, how wonderful it feels to convert each moment into an opportunity. And remember you cannot please everyone in the world.

I had a penchant for writing poetry, I had written a poem in Gujarati, I don't remember it fully but I had written in it- if successful then you are worth being envious of, if failed then you are nowhere."This is the way of the world. Be successful, not to defeat others but to overcome your challenges, be successful for your own pleasure. Be successful for bringing pleasure to the lives of those others living in this world.

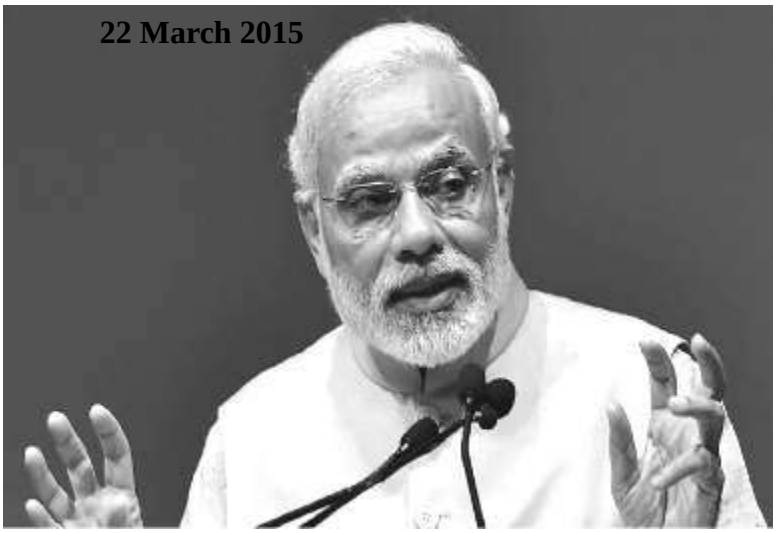
I have this faith that you will succeed with happiness in your heart. You will have great success. And then, whether we could celebrate Holi or not, whether we could attend uncle's marriage or not, whether I could attend friend's

birthday party or not, could see the Cricket World Cup or not- all these things will become immaterial, as for now your dimensions of happiness will be very different. My best wishes to you. Nation's future is as bright as your own future. India's future will be defined by India's youth; it will be defined by you. Be it the sons or daughters, both have to work in tandem to take the country forward.

Come make the exam festival into a celebration. My best wishes to you!!!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)



Greetings to all my dear Farmer brothers and sisters!

Today, I feel so fortunate to avail this opportunity to speak with my farmer brothers and sisters from different corners of the country. When I speak to farmers, I speak to the village and its residents, and also to the farm labourers. I am also speaking to the mothers and sisters who work on the farm fields. And in this context probably this feeling is a little different from all the interactions I had through Mann ki Baat.

When I decided to speak about farmers in Mann Ki Baat, I never expected that the farmers from far off villages across the country would be willing to ask numerous questions and would provide such information. I was taken aback to receive your numerous letters and questions in such huge numbers. I can say that you all are very aware and active and you all probably yearn that somebody listens to you. First of all I would like to express my heartfelt greetings to you all. I have read your letters and understood the agony and struggle in your lives. Despite bearing so much misery, I cannot imagine what all you have gone through in your lives.

You all have taken me aback but I take this Mann ki Baat to be an opportunity for education and experience. My dear farmer brothers and sisters, I would like to assure you, that all your questions and queries from different aspects that you brought to my notice would be addressed by me and I will bring consciousness and sensitivity on those subjects in my government and not let my village, my poor people, my farmer brothers will not be forced to live in this pathetic condition. I am shocked, farmers have written letters related to farming but they have also brought some other issues, like the problems they face with the village mafias and gangs. I can understand the problems related to natural calamities, but they are also facing the issues with small time businessmen.

Some farmers have to drink contaminated water in their villages, some have raised concerns on the facilities to provide shelter to their cattle, and some have also mentioned that there is no facility to dispose off the dead animals, which leads to various diseases among the villagers. This suggests that today through Mann Ki Baat, the governing bodies are getting a unique chance to understand numerous problems of the farmers. We can attain our rights to govern the country only when we can understand and provide solution to all these small but important issues. I feel so embarrassed when I read your letters and think what we have done so far. I have no answer to this question. What have we done? Yes, you words have touched my heart. I will try my best to bring a change and would awaken the sleeping government to run in the most appropriate manner. This will be my primary focus and that is a promise from my side.

I am aware that you had to face great difficulties last year due to scarcity of rain. This year, due to the unseasonal rain and hail-storm, all the states above Maharashtra had to bear a lot of difficulties. Farmers, across all the corners of the country had to face great difficulties. A poor farmer who leads his life through slogging in the fields has no other source of

living or income. I am with you in this difficult time of your life. Our government is also taking stock of the situation minutely, on various issues of the farmer and is in touch with different departments of the state. The ministers are also out in the field visiting various states and collecting reviews and analysing its situation. I have also asked the state governments to work closely along with the central government and strive to help as much as possible to our farmer brothers and sisters in this situation. I can assure you that the government will take proper steps and solve your problems promptly and help you in this difficult time. We will do whatever is possible to help you and do our best to fulfil those.

Villagers and farmers have raised various issues. Irrigation problem is one of the most important issues. Farmers are also angry due to the unavailability of roads in villages. They are also unhappy about the increasing price of fertilizers. There is no electricity. They are also unhappy about the fact that they are unable to educate their children, which in their wish is also a complaint. Mothers and sisters are angry with the drug abuse prevailing in the villages. Some women have also addressed the issues of tobacco intake by their husbands. I can understand your pain. Some farmers believe that they can only hear the strategies adopted by the government, but it never reaches the villagers. Farmers have mentioned that they slog day and night to provide food to the entire nation, but they never receive the full amount of money in return. When they go out to sell the crops and other farm products, there is no one to buy from us. So, they are left with no other option, than to sell the products at lower prices. They are doomed in both the case, if they produce more or less. This means farmers have brought to my notice their inner thoughts through their letters. I can assure all my farmer brothers and sisters that the state and central government will take proper steps actively from now on. I will inspire the government to

speed up the actions and provide solutions to all your problems. I can understand that you are losing patience. This is quite natural as you have waited for sixty long years. I will try to find a full-proof solution to this.

My farmer brothers, I have found one primary problem among your various questions that is the 'Acquisition of Land Bill', prevailing in almost all the states. I am shocked to hear these rumours spread across the country. It is good that you have raised such small issues and questions. I will try to bring the truth before you. You must be aware that the Acquisition of Land bill was passed 120 years ago. Post-independence, this law was practised till 60-65 years. Today, the activists, who call themselves as the supporters of farmers, also practised this law in the country, governed the country and the farmers got their share. Everybody believed that there should be a change in this law and I too believed in the change. We were in the opposition and we too believed in the change of law.

In the year 2013, a new law was passed in haste. We too supported this law giving our full support to the government. If a law benefits the farmers, who would not like to support it, so we too supported the law. But after the initiation of the law, some of the concerns got raised in our minds. We felt that this way we would be betraying the hopes of farmers. We do not have any rights to betray the farmers. On one side, when our government was formed, we saw that all the states raised their voice to amend the law, to improve the law; the law must be modified to plug the loop holes. On the other side, we found that no state is ready to implement the law, only Maharashtra and Haryana governments under Congress rule had implemented the law who proclaim to be well-wishers of farmers, they brought an ordinance and decided to provide just half of the decided amount as compensation. What kind of justice is this to the farmers? After reviewing all these points, we felt that there should be

some re-thinking. When things are done in haste then some drawbacks remain. The motive might be good but if there are drawbacks, then they should be rectified.

Now, I will speak of most primary drawback, which you all will find quite astonishing. All the people, who are self-proclaimed well-wishers of farmers are not ready to give any answers to these questions. Are you all aware that there are 13 different laws in our country through which most of our country's land, like Railway, National Highway and minefields is acquired. Are you aware that in the law of previous government, these 13 areas have been excluded from the law? With this exclusion, I mean that the farmers would receive the same compensation as they used to get under the previous law. You tell me, is this not a drawback? This was a mistake or not? This was a mistake or not? We have modified this law and the farmers would receive four times the compensation, even if these 13 areas be used for railways or highways. We have tried to improve the law. Who would say that this amendment is against the farmers? This is why; we had brought an ordinance. If we wouldn't have brought the enactment, the lands of farmers would have been used according to the previous law and they would not have received their compensation. When this law was passed, many in the government too raised their voice against this law. Even those who were involved in the making of the law, got upset and said that this law is neither beneficial to the farmers, nor the village or to the country. This law can be useful, it was said only to fill the treasury of the officers and for their enjoyment, to promote red-tapism. If this was the truth, apt modifications should have been done or not? Thus, we have tried to eliminate the drawbacks of the law and work on the direction of betterment of the farmers. Firstly, we have included the 13 laws which were excluded under the Acquisition of Land Bill, so that the farmers are provided with the remuneration and all rights and they do not have to

incur loss due to the exclusion. I have heard the rumours being spread, that Modi government is passing a law, which will provide less remuneration to the farmers and they will not receive the full compensation.

My dear farmer brothers and sisters, I cannot even think of committing this sin. In the year 2013, under the dispensation of previous government, the compensation which was decided has not been modified a bit. We have decided to provide four times the compensation than the one provided earlier. Not only this, we have also included the 13 areas which were excluded in the earlier law. We have also continued with the clause that in case of acquisition of land for development of the city, the land owners will receive 20% of the developed land, so that they are benefited financially at all times. The youth of the family gets a job. We have also decided to provide employment to the children of the farmers. We have also added a new programme. The new addition is that the district authorities will have to announce that who will be employed from the family, in what field they will be employed and what will be their work location. Government will have to provide written announcement for the same. We have fixed the government responsibility by adding this feature.

My dear farmer brother and sisters, we all agree that the government land must be used first. Post this, the barren land must be used. Lastly, when there is no option left, the farm lands can be touched. So, we have started a survey for finding all the barren lands, for making it a priority for usage.

We have received complaints from our farmers that more than the required land is for use is gobbled up. With the enactment of this new law, I can assure you that before using the land, a survey will be conducted, and then it will be decided so that more than the required land is not acquired. Sometimes, in the foresight that something is going to

happen, there is lot of damage. In the name of Social Impact Assessment (SIA), if these judicial proceedings are carried on for several years, how can a farmer take a right decision in this situation? He cannot decide whether to grow the crops in the field, as he is in a fix as he will keep thinking that the judgement can come any day. This will lead to two to four years of loss and things will be stuck due to red-tapism. Due to the long and difficult proceedings, a poor farmer is forced to beg before the officers to get their work done – Sir, please write this, please do not write this…. this is going to happen, that is going to happen. I do not want my farmers to fall prey to these officers. I do not think this is a right thing to do. Procedures were long and difficult. I have tried to make this procedure simple and easy.

My dear farmer brothers and sisters, the law was passed in the year 2014, but the states have not adopted the law yet. Farmers are still at the same place. States have opposed this law. Please tell me if I should listen to the states or not? I should trust the states or not? How can a country run without trusting its own states? So, I believe we should trust our states and we should specially trust our central government. One, I am willing to trust my states and secondly the improvement we are trying to bring in the law by trying to eliminate the drawbacks and trying to better the conditions of the farmers, even after this, if the states are not ready to support this movement, they are free to do so. That is why; I would like to request you all not to fall prey to these rumours. These rumours are absolutely 'against farmer' rumours. It is part of the conspiracy of keeping the farmers poor as always. This is a part of the conspiracy of not taking the country forward. We have to save ourselves from this conspiracy and save our country and save our farmers as well.

Now, if one were to ask the farmer residing in the village that what are your plans for your three sons? He will respond that one of them will carry on with the farming but

the other two will have to seek jobs elsewhere. So, now even the sons of farmers are seeking out jobs. They too have to move out and seek employment somewhere. So arrangements need to be made for that too. So we have decided that whatever is important for the welfare of the village, welfare of the farmer and whatever is important for the employment of members of the farming community, all such things should be connected. We are the ones who believe in "Jai Jawan Jai Kisan". Jai Jawan is related to the security of the country. As far as the security of the nation is concerned, the farmers of the nation do not ever step back from their responsibilities. If some land is required for national security we will have to ask the farmers for it. And I have complete faith that the farmers will give us the land. So we have added the clause for taking land for such purposes. I want to ask each and every member of the village, is road required or not? If water is required in the fields, don't we need to create canals? There are still many poor families in the village who do not have a house to live in. Is not land required for construction of houses? Tell me is this for the industrialists? Is this land being demanded for the ultra rich? Try and understand the truth.

Yes, there is something I want to announce without a doubt. In the new ordinance too, any private industrialist, owner of a manufacturing unit, will have to follow the same set of rules that were laid out in the Land Acquisition Act of 2013. The rules for the corporates are the same as in 2013. Then why this lies are being spread. My farmer brother and sisters, misunderstanding is being created that you will not get your legal rights, that you cannot approach the courts. This is entirely false. No government at the centre can take away your legal rights. The constitution given to us by Baba Saheb Ambedkar ensures that you can approach any court in any part of the country. All we have done is to bring some sort of system to your doorsteps.

We have created an Authority. Now this Authority

will work at district level and the issues of the farmers will be resolved at the district level itself by the Authority. And if you are not satisfied with the solutions offered there you can approach the courts as well. This is the arrangement we have made.

There is a misconception that the law related to returning the acquired land in five years has been scrapped. This is not true, dear farmer brothers and sisters, what we have said whenever a project is undertake, a timeline has to be specified in terms of the number of years in which it will be completed. If the project is not completed in the specified time period, then whatever farmer's wish has to be adhered to. So we have set a timeframe for government projects. What is the today's case scenario, those lands which were acquired about 40 years ago, the government has not done anything on them. This cannot continue any longer. We have decided to set a time limit to governmental projects. Yes there are projects which take time, maybe around 20 years. For example if 500 km long railway track is to be laid then it will take time. So we want it all written down, the time frame in which a project will be completed. So, what we are doing is fixing the liability of the government. We have fixed the government's responsibility.

Let me also tell you something, dear farmer brothers. Those sitting in the air conditioned rooms who formulate these rules have no idea of the condition of the villagers. Whenever a dam is made or a reservoir is constructed, the rule is to acquire land till the point where there is a possibility of water getting to the maximum level in a span of 100 years. So the water gets filled once in 100 years. For 99 years no water gets filled. Yet the land lies with the government. What is currently happening in the states is that land has been acquired, compensation paid and yet farmers are working on those lands. If the land gets flooded once in 100 years, that year the land can be taken. The law of 2013 denied the farmers

the right to cultivate the land. All we want is that if the land does not get flooded then it should be available for farmers for cultivation. And hence that land should not be acquired from the farmer. This kind of flexibility is necessary. So the farmer benefits even after giving up the land and also get compensation in lieu of their land. This will doubly benefit the farmers. This kind of organization is both necessary and practical. And we are the ones who have thought about it.

Another misconception being spread is that "consent" is not necessary. I urge you, my brothers and sisters to protect yourself from such politically motivated propaganda. The law which was promulgated in 2013 has no provision for consent in schemes for which the government is acquiring land. So people are being misled on this consent issue. The issue of consent did not exist previously, it does not exist now. And so my brothers and sisters, to say that it was beneficial for you before but it is not so now, this is an unfortunate attempt to mislead you. I assure and insist that this consent clause is very much functional in case of private industries, corporate and individual enterprise.

Another thing I would like to share that some people talk about the PPP model. Dear brother and sisters, if a road worth Rs.100 crores is made, will the corporate run away with it? The ownership of the road will be with the government. The ownership of the land is with the government. The construction agency is different. The construction agency is different because the government does not have the requisite amount of money. The government wants that a road be made in the village, as well as hospital and the poor children get education, so monetary investment is required. The private investors construct roads but not for themselves. He does not take it with himself; he makes it for the government. In a way he invests his money. This means in a government project someone else puts in the money which is called the PPP model. But the ownership rests with the government and

government means of all of you, of the 125 crore Indians and hence we have said there that there is no need for a consent. Hence it was necessary for me to dispel these myths around the PPP model.

Sometimes this issue of consent will increase red-tapism and nepotism. Tell me, there is a village; a road has been constructed till that village, now a road has to be constructed till the next village which is 5 kms ahead. The road for the first village has been made, but the land for the road to other village lies with the previous village. So tell me will the villagers wilfully give land for road till the other village? Tell me will they give their consent? So what sin have the people of other village committed? Should they not get the roads? Similarly, if I am making a canal, this village has got the water and we have to provide water supply to another village and the said land falls with the people of the previous village who already have water and they deny giving their consent for acquiring their land and say that we already have the water, we are not going to give consent for land acquisition for supply of water to another village. So now you tell me, the people of the other village should get water or not?

My brothers and sisters, this is a practical issue. So we are evolving a process which does not take long. This is for the farmers' right, not for industries and industrialists. It is for the betterment of the villages, the villagers and the benefit of their children.

Another issue is coming up. I have said this before. In every farmer family, the farmer wants one son to do farming and the others to take up other sources of employment. Such are the times today that different efforts need to be mad to run the household. If we make a road and government establishes an Industrial Corridor next to it, which is not private. I again reiterate that a Corridor by the government, not for the rich, or the industrialists, so if the government makes a Corridor on

the left or right of a 50 or 100 km road, then all the residents of the near those villages – maybe 50, 100, 200 villages falling along it will have an opportunity for employment, their kin will get employment.

Tell me dear brother and sisters, do we want the children of our villages to suffocate in the slums of Delhi and Mumbai. Should they not get an employment opportunity closer to their home if a small industry comes up some 20-25 kms away from their village? So this corridor will be made by the government and will not be private. The government will make these Corridors and create these employment opportunities for the villagers. This proposal is about government ownership, it is for the betterment of the villages, betterment of the farmers of villages, it is for the betterment of the future generations of the villagers, it is for the betterment of the poor of the villages, it is to make electricity available to the villages. For these there were some drawbacks in the last Land Acquisition Bill, which we have tried to resolve all the shortcomings of this bill authentically. Still I have maintained in the parliament that if anyone feels that there are some short comings, we are ready to make amendments.

When we put the bill in the Parliament, certain leaders of the farming community gave us some suggestions and we added them. We still say that the land acquisition should be pro farmers. We are committed for this. There are lot of lies being spread. I request you, dear brothers to not get swayed and don't make your decision based on these lies. Important issue is how to make farmers strong, how to make our villages strong. The farmer should get the right price for his efforts; farmers should get a proper market, a proper storage for his production. It is our effort to make right decisions for the betterment of the village and the farmers.

Dear brothers and sisters, it is our effort to see that the nation progresses and so do our farmers by increasing their

yield. And so we have introduced “Soil Health Card”. If a person falls sick a laboratory test is undertaken for them, similarly a lab test can be undertaken for our motherland. So we are working not only to protect your land but also to make it healthy.

And so, not land acquisition, but making the land healthy is our task. And so we have introduced the concept of “Soil Health Card”. Every farmer is going to benefit from it. Your undue expenses on fertilizers will be saved. Your yield will increase. That you get proper price for your production, there should be proper granaries, proper rules and regulations and that you are saved from exploitation – we are working on all these issues. I remember, when I was the chief minister of Gujarat, I worked a lot in this direction. The condition of farmers in our Gujarat was very bad, we worked on the water issues and we saw a big change. The farmers made a huge contribution to the development of Gujarat which was beyond all expectations. The entire villages would be deserted, but the change happened. We want this type of change in the entire country, which makes our farmers very happy.

And so my farmer brother and sisters, today I got an opportunity to talk to you. But the issue of the ordinance is making headlines every day and I chose to speak about it more. But my dear brothers and sisters, I will speak to you again and on other issues. But I want to assure you that whatever you have written to me, I will shake the entire government and will make them see the reality about what is actually happening on the ground. I am happy that you have told me so many things and I believe that you have told me because you trust me. I want to assure you that I will not shatter your faith.

I desire your love and blessings at all times. You are the elders of the nation, you can never think wrong for others

rather you will suffer loses for other's benefit. This has been your tradition. And these farmers do not suffer, should have to be the prime focus of my government. Today, after hearing this “Mann ki Baat” many thoughts may have arisen in your mind. Please do write into me at the Akashvani address. I will talk again. Based on your letters, I will try to rectify all the mistakes of my government. I will try to speed up the efforts and if somewhere injustice is being done, I will try and provide justice.

We are in middle of the auspicious festival of Navratri. My Heartfelt Greetings to you All!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

26 April 2015

My Dear Countrymen,

Namaskar!

I was not feeling like doing Mann ki Baat today. I am feeling heavy and burdened and little distressed. There were news of hailstorm, unseasonal rains and damages to farmer's crop when I was talking to all of you last month. Suddenly, out of nowhere strong winds blew in Bihar, causing death of so many people and inflicted lot of damages there. And the earthquake has shaken the entire world on Saturday. It seems the trend of natural disasters has continued. Be it the Nepal earthquake and in India as well the earthquake took lives across various states of India. There has been loss of property because of the earthquake. However, the loss to Nepal is frightening.

I have seen Kutch earthquake very closely on Jan 26, 2001. I can clearly imagine how devastating these disasters are. I can imagine what Nepal and the victimized families there must be going through. But my dear brothers and sisters of Nepal, India is with you in your hour of grief. Work has

begun to provide assistance to people facing crisis across several locations in India and Nepal. First and foremost work is rescue operation to save people. Some people must still be alive under the debris and should get evacuated safely from there. A team of experts which has been sent is specifically trained for this task. Sniffer dogs have been sent as they possess the ability to trace any individual staying alive under the debris. Our whole endeavour would be to save maximum number of people alive. Post rescue operation, there is a need to undertake relief work as well. Rehabilitation work will also continue for long. However, humanity has a power of its own. Nepal is a dear to 125 crore people of India. Their grief is our grief. India will make sure to wipe the tears of every Nepali, hold their hands and provide support to them.

Thousands of our Indian brothers and sisters were left stranded in Yemen a few days ago. It was a very tough task to evacuate the Indians alive amidst horrific situation, amidst the tension of bombs and guns, amidst firing but we managed to do so. Not only this, when we safely rescued a new born girl who was just a week old, we felt how much power humanity has. It brings a sense of satisfaction to the mind by rescuing a week old girl alive amidst raining bombs, guns and shadow of death.

Wherever I went overseas in the last few days, I received compliments for one thing and that was for saving citizens of 48 countries of the world in Yemen. Be it the citizen of the US, the UK, France, Russia, Germany, Japan, we helped the citizen of every country. And due to this, the world has experienced the old saying of India, "???? ???? ?????", meaning the greatest service to humanity is to serve others. Our Ministry of External Affairs, our Air Force and our Navy have done this work with such courage and responsibility that it will have indelible imprint over the world in the coming days. This is what I believe in. And I am happy that all the people were evacuated safely without any

damage and it should be noted that India's special quality is that our culture is quite old.

Recently when I visited France, I went to a memorial of the First World War there. The reason for visiting the place was that it is the centenary year of the First World War, but at the same time it is the centenary year of India's valour. This is the centenary year of the sacrifices made by the Indian heroes and, meaning the greatest service to humanity is to serve others and how this phrase has been lived by our country; this year is a centenary year for this reason also. I am saying this because very few people would know that about 15 lakh Indian soldiers had put their life at stake during the First World War from 1914 to 1918. And the Indian soldiers did not die for India's cause. India neither wanted to capture any country, nor did it want to take away anyone's land. But the Indians had shown amazing strength. Very few people would know that about 74000 of our soldiers sacrificed their life in the First World War. And this is also a matter of pride that about 9200 soldiers, who lost their life, were bestowed with Gallantry Award. Not only this, there were eleven such individuals who received the highest honour of Victoria Cross. About 4700 Indians had sacrificed their life especially during the World War in March 2015 in France, which has made a memorial as a mark of respect for them. I went there to commemorate and express my gratitude to the strength displayed by our ancestors.

If we see all these incidents, then we can say to the world that our country thinks in the direction of peace, happiness and welfare of the world. The country keeps doing something in this direction and if needed put its life at stake. India finds itself in the first row among the highest contributors in the peacekeeping force of the United Nation. That is the matter of pride for us.

In the last few days, I got the opportunity to

accomplish two important tasks. We are to celebrate the 125th birth anniversary of respected Babasaheb Ambedkar. There has been a controversy regarding the land where his memorial was to be built for many years. I am satisfied that the Government of India decided to allot the land for building the memorial of Babasaheb Ambedkar. Similarly, there must be an International Centre in the name of Babasaheb Ambedkar in Delhi so that the entire world knows this sage, his thoughts and his work. This was also a matter, which was pending for years. I completed and laid the foundation stone of the memorial. I pledged to complete the work in 20 months, which did not happen for 20 years. And at the same time a thought has also come into my mind and we are working on it. Even today there are many families in our country that are forced to carry dirt on their head. Is it a matter of grace for us that even today some families in our country have to carry the burden of dirt on their head? With all earnest, I said in the government forum to get us free from this blur in the year when we commemorating Babasaheb Ambedkar on his 125th birth anniversary. Now, we will not tolerate a situation where any poor will have to take load of dirt on his head in our country. For this we need the support of the society, government must also shoulder its responsibility. I need cooperation of people as we have to do this work.

Babasaheb Ambedkar used to say 'Stay Educated' throughout life. Even today, education has not reached many dalits, exploited, and deprived ones in the society, especially girls. We must also pledge on the occasion of 125th birth anniversary of Babasaheb Ambedkar. There must not be any son or daughter of the poor remaining illiterate in our villages, cities and locality. Government must do its duty. And if it gets the support of the society, then we will definitely feel a sense of satisfaction. I want to share a matter of happiness and share another matter of discomfort as well. I take pride of the fact that two daughters of India have made the country proud. One

daughter -Saina Nehwal became the world's no. 1 in Badminton, and the second daughter Sania Mirza became the world's top player in Tennis Doubles tournament. Congratulations to both and all the daughters of our country. I feel proud seeing the effort and strength of our own. But sometimes, we lose cool. When the Cricket World Cup was on and we lost to Australia in the semi-finals, the kind of words used and the treatment meted out to the players was not good my countrymen. How can be a game with no defeat? Victory and defeat are part and parcel of life. If the players of our country have been beaten in a match, then we must encourage them in the times of crisis. There must be an effort to create an environment to generate new confidence. I am sure that we will learn from the defeats going forward and we will not lose control in few moments by indulging in action-reaction. And I am getting worried. Whenever I see that anything happens all of a sudden, a mob surrounds and burns the truck, burns the vehicle. And we see these things on TV as well. Accident must not happen. Even the government must make full effort. But my dear countrymen tell me if we should burn the vehicles? Dead ones do not come back. Can't we ensure law to take its due course keeping our emotion in check?

Well, today my mind has been very grief-stricken due to these incidents, especially due to natural disasters. But amidst this also, we will move forward with courage and confidence. Be it individual of this country – dalit, oppressed, exploited, tribe, villager, poor, farmer, small businessman, we will move forward on the path of welfare for everyone. Examinations of students are over. Especially, the students of 10th and 12th standard must have made a program of celebrating the holidays. I wish all of you a very good vacation; get the opportunity to learn something new. And since you have worked hard the whole year, then I wish that you spend some time with your family with joy and happiness.

Namaskar to everyone.

Thank You!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

31 May 2015

My Dear Countrymen,

Last time when I addressed Mann ki Baat, I was extremely distracted and upset by the earthquake that had struck then. My mind did not allow me to speak, but still I spoke Mann ki Baat. Today, when I am addressing Mann ki Baat, we are all surrounded by severe hot weather, with all the heat related problems and news from all corners of the country. I would like to request you all to take care of your health in this hot weather by following simple instructions, such as drinking ample amount of water and covering yourself for protection from the heat. At the same time, I would also like to request you all to take care of the birds and animals in your neighbourhood and fulfill their requirements too. We should take this opportunity to give the responsibility to our children to place a bowl of water for the birds in a suitable place where the water does not get heated up. By doing this, I can assure you that your children will imbibe good moral and cultural values. Moreover, in this extreme heat, this act will be a life saver for the birds and animals too.

This summer season is marked on one side by the extreme heat conditions, while on the other side there is both happiness and sadness. After completing our exams, we are in a state of anxiety until the announcement of the results. Now, CBSE and the other boards have declared their results and I would like to congratulate each and every student who has passed with flying colours. I came to know the significance of Mann ki Baat when many students, after obtaining their exam results, informed me that they listened carefully to my words on Mann ki Baat and followed them strictly during their exams, which has in turn proven to be quite fruitful and beneficial. Well Friends, I am glad to know this through your letters. However, the true reason behind your success is not any Mann ki Baat, but your hard work throughout the year and the consistent support from your entire family. Your school, your teachers and many others have a role to play in your success, and you have strived hard to attain this success, in order to meet everybody's expectations. Mann ki Baat is a kind of exam tip given before entering the examination hall. However, today I really enjoy the fact that Mann ki Baat has created a significant impact, and I am very happy about it. While I speak about happiness surrounding our friends, who have passed with good scores, I would also like to make a mention of many of our friends who may have got low scores and some of them who were not successful. To all those who have passed, I would like to remind them that they are in that stage of their lives where they can choose their career in the right direction. Now, you have the opportunity to decide that right path for your career according to your wish and capabilities. Please also remember that your future will depend on the path which you choose. Generally, I have observed that most of the students have no idea about what they should study, why they need to study, or where they should study. They are also not aware of the aims in their lives. Many students mostly choose their career paths based

on the opinions of their friends and families or based on the wishes of their parents. Our universe has expanded itself in all directions. There are no limits for the choice of subjects or opportunities. You must be careful and determined in choosing your career path, in accordance with your talent and capabilities. Why do you always have to choose the prevailing opportunities? Try your best. Try to utilise the talents within you to gain new opportunities. At the same time, you should also think how you can contribute to the betterment of your nation from what you have learned or what you become.

You will be shocked to hear about the fact that, as compared to the number of museums built around the world, the number of museums in India is very few. It is very difficult to find the right staff members for these museums as it is not a conventionally popular field. I do not want to drag on one topic. However, my only point is that our nation is in dire need of excellent teachers, soldiers, scientists, as well as artists and musicians. The field of sports is very broad, wherein other than players, various eminent human resources are also required for the fulfilment of any sports activity. This proves that we are surrounded by a vast variety of fields and opportunities on this planet. We all must try with strong determination. Your strengths, your capabilities, your dreams – all should be aligned to the dreams of our nation. This is your only chance to choose your right path.

To those who have not succeeded, I would like to tell them that success or failure is part of life. Those who consider failure as an opportunity, always head towards the foundation of success. Those who give up in life, due to failure, can never reach the heights of success. We can learn a lot from our failures. Why not we believe that our failures can provide us the opportunity to know ourselves better and understand our strengths, and by knowing our strengths and talents, we will be able to choose the right path in life.

I am reminded of our nation's ex-President, Shri A. P. J. Abdul Kalam. In his book “My Journey- Transforming dreams into Action”, he has mentioned an incident that took place in his life. He says that he always aspired to become a pilot. However, when he tried to become a pilot, he failed and could not clear his exams. Now, you can see that his failure gave him a great opportunity in his life. He became a great scientist of our nation. He became the President of India and his contribution stands unparalleled in the field of nuclear energy in India. Therefore, friends, please do not bend yourselves under the burden of failure. Failure is a kind of opportunity. Do not let the failure go without learning a lesson from it. Try to search for a hope and opportunity that lies hidden in your failure. This is my humble request to all my young friends, and also to their family members – if your son fails, please do not create an atmosphere which can force him to lose all hopes in his life. Sometimes, the children's failure is associated with their parents' dream which leads to various problems in future. It should not happen. Fighting with failures can provide us the strength to live our lives peacefully. I would once again like to congratulate all my young friends who have passed out with flying colours. I would also like to convey my thoughts to my young friends who have failed, but I congratulate them to have obtained opportunities to find a right path in their lives. Please try and strive to move forward with hope and trust in your lives.

Meanwhile, many incidents have happened since my previous Mann ki Baat. Our government has completed one year. The entire nation analysed us quite minutely and criticised us. Many people gave us a distinction for our governance. In democracy, I believe that it is very important to receive the feedback from the supporters and the opposition, in politics. We must try to understand the drawbacks and the areas where we lag behind. It is also beneficial to understand our merits.

In my case, I am happy with all that has happened so far. My heart is always yearning to do something for the poor people in our country. I always think of novel ideas and accept suggestions from others in order to help the poor. Last month, we launched 3 key policies to provide social security to the people of our society, i.e. Prime Minister's Suraksha Bima Yojna, Prime Minister's Jeevan Jyoti Bima Yojna, and Atal Pension Yojna. It has been just twenty days since the launch of these policies, and I can proudly say that due to your trust in our nation, our government and our programmes and policies, the common citizens of our country have joined hands with us in such huge numbers. I am extremely happy in sharing the fact that within a short span of 20 days, more than 8 crore and 52 lakhs people have registered their names for these programmes. We have adopted important measures in the path of social security and it will act as a boon for the people in the future years.

For those who have not yet received this information, I would like to request them to acquire these benefits as soon as possible. No one could have imagined receiving Suraksha Bima Yojna by investing just one rupee per month or 12 rupees in a year. In order to get the benefits of Jeevan Jyoti Bima Yojna, you need to invest just 330 rupees in a year, which is less than a rupee per day. Therefore, by using these benefits, the poor will not be dependent on others for their living. The poor will become independent and self-confident. We are adopting different measures in this direction. I want to create an army of people, my army comprising of poor people will fight against poverty and defeat it. Our nation has been burdened with poverty for years now, and we will take appropriate steps to try and eliminate poverty from our nation. We are sure we will succeed.

Another most important development is the introduction of a channel for farmers on television, and I am feeling happy about it. We have a number of channels on

televisions in our country, such as cartoon channels, sports channels, news channels and entertainment channels. For me, the channel for farmers is very important as I can clearly see the future of farmers through this channel.

According to my view, this channel is like an open university for farmers and their farms. This is a channel where both students and teachers are farmers. These farmers can learn a lot of things through excellent experience and move from traditional farming towards modern farming. Only minimal areas are left for farming. The families of farmers are increasing in number, but the land area is reducing. Due to this problem, it is very critical to understand the ways to grow crops efficiently, in such small areas. Now, we can get details about the weather forecast and plan accordingly. The channels for farmers will be focussing on these various issues. My farmer brothers and sisters, a system for monitoring farmers has been arranged in each of our districts. Please contact the respective district heads for availing this benefit.

I would like to speak to my fisherman brothers and sisters, to all those who are involved with fishery. There are many things for them to learn from this channel. In India, animal husbandry has been a traditional segment in a villager's life, which acts as a supportive role in farming. However, as compared to the number of animals and the amount of milk production in various countries around the world, India lacks far behind. As compared to the numbers of animals, the estimated amount of milk production is not achieved in our country. The process by which we can produce more milk per animal, the ways in which the animals can be taken care of and the types of food that should be provided to them, are some the important factors to be considered. We take various measures based on our traditions, but we need to move forward by adopting

scientific methods and technologies. By adopting these scientific methods, farmers as well as the animal husbandry can help us achieve financial strength. In this way we can provide confidence and power to the farmers and also the animal keepers. We should get scientific guidance regarding the direction in which we should move forward and attain success in this area.

My dear countrymen! Do you remember this date, 21st June? Generally, 21st June is remembered as the longest day of the year. But, recently this date has gained a new significance in the world. In September, last year, I had raised a subject and proposed to celebrate 21st June as International Yoga day while addressing the United Nations Assembly. The whole world was astonished, and you will also be surprised to know that within hundred days, we got support from 177 countries and this proposal was successfully passed. In the history of United Nations, such huge numbers of supporters from different countries were seen for the first time. This proposal was passed in a very short span of time, with the support of various countries around the world. This is a proud moment for every Indian.

Now, this is our responsibility. Would we have ever thought that Yoga can act as a connecting link between nations? Vasudhaiv Kutumbakam implies that our ancestors had imagined the same, where Yoga will act as a catalyst in connecting the world. This is news of utmost happiness and pride for us. But to achieve its real significance, we need to project the real essence of Yoga, and its real strength, to the entire world. Yoga connects the heart and mind and acts as a medium for freedom from ailments and lust. I am realizing that Yoga connects the body, mind and knowledge. Now, it is has been widely proven that Yoga can also act as a medium for connecting the world.

Why are we not taking steps to become an ambassador for this venture? Why not move forward in this path of human development with the help of this vital knowledge of Yoga? We must celebrate 21st June as Yoga day, in every corner of India. Please call up your relatives and friends staying in different parts of the world and ask them to gather in groups and celebrate Yoga day. If they have no knowledge of Yoga, ask them to take help from books. Read and explain the importance of Yoga in our lives. You can also read various letters on Yoga. I strongly believe that by declaring Yoga day, we have taken an important step in the development of the world. We have contributed to human development by removing stress from the lives of people, by providing positive energy to those who have lost all hopes in their lives. I want that what world has accepted, what world has respected, and what world has given to India should be a matter of pride, three weeks are left and you should take efforts and join and make others join.

I would especially like to speak to my soldiers of the army, who are fighting for our country's safety. They have joined the army for their living and have sacrificed their lives for our country. Here, I am not speaking to them as a Prime Minister, but from my inner self, inner truth and deep emotions that I have for my soldiers.

Questions about one-rank and one-pension have not been resolved or answered for over forty years. There is no denial from the truth that the previous governments have spoken about this issue, but have never done something about it. I can assure you, and I have also promised my army men, that my government will surely launch one-rank and one-pension. We know our responsibilities, and after the formation of our government, different departments have begun working on this issue. I used to consider this to be a

simple issue, but it is far more complicated than I thought, and for forty years this issue has been delayed. In order to resolve this issue in a simpler direction, I have asked the government officials to find solutions to this problem. It is not necessary to provide information to media every single second. There is no requirement to run a commentary for this issue. I would like to assure you, and I would like to repeat, that our government will launch one-rank and one-Pension and provide solutions to all related issues. Your life is very important to us, owing to the thought-process and ideals, with which we are moving forward.

I would like to connect with you and help you, not just as a part of any government programme, or any political campaign, but as a reflection of my patriotism. I, once again would like to convey to all the soldiers of my country, that we are not one of those people, who, in the name of politics, played games with you for the past forty years. I am against this path, and I am not willing to take any step which would complicate the existing issues. I want you to trust me, even if people are talking against us and playing games in the name of politics. I would like to provide all the assistance to my people who are sacrificing their lives for the country. These are my motives, and I believe that the words from my soul, which is made up of nothing but truth, will touch your heart as well. You have kept your patience intact for forty years. I need some time and opportunity to work. Once again, I would like to assure my countrymen that we will mutually work on this issue and find solutions for the same.

You all must have visited different parts of the country during vacations. Some of you must be planning now to visit places. It is natural that “Seeing is Believing”. When we visit places, we may go to our relatives' place or go sight-seeing. We get to explore and understand the world. For a person,

who has just seen a pond in his village, the experience of seeing an ocean cannot be expressed in words. He is unable to describe the size of ocean in front of the villagers, as seeing is altogether a different experience. When in vacations while you are travelling, with friends or family or planning to go, I do not know if you have the habit of writing a diary while travelling. I believe you must jot down your experiences when you meet new people and, you should write down in words all that influenced you. When you see something, you should describe it in words. In other words, you must assimilate what you see or feel, within you. Travelling is a form of knowledge in itself. It is not possible for all of us to get a chance to climb the Himalayas. One must read the adventurous travel stories through the books written by those who have got a chance to visit the Himalayas.

I am not saying that you should become a writer. We should travel and write to learn something new, to understand our country, and to know its varied diversity. We can write about a particular place, the food-habits of the people there, their clothing style, language, and culture, and also about their dreams, aspirations and problems. We are living in this vast nation. If we want to understand the entire nation, one life is not enough to do this. It is my earnest request to all of you, who are planning to visit or travel, to share your travelling experiences with me. I would be glad to read your stories. I would request you to mail me your photo and your experience with Incredible India#, and I will share your impressive stories with others.

I would like to feel what you have experienced. I would to like see from far, what you have seen during your travel. You can visit a sea shore and take a walk alone. Though I may be unable to do this, by reading your story, I would love to share your vivid experience with others.

On this note, let me remind you once again, please take care of yourself and do not fall sick. There are many ways to protect yourself from the summer heat, but please take care of the birds and animals around you too. I have spoken all that came out of my heart. I will meet you all again, and will speak again. My heartfelt greetings to one and all.

Thank you all for your support.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

28th June 2015

Namaskar, My Dear Countrymen!

Last time in Mann ki Baat I had requested you to send me memorable pictures if you go out on a vacation anywhere in India and if you happen to find them, kindly post them under the 'Incredible India' hashtag. When Isaid that, I had never imagined that it would get such an immense response. Lakhs of people have posted photos on Twitter, Facebook and Instagram. I can say that India is full of diversities and I was able to witness so many magnificent scenes in those pictures; be it of architecture, art, nature, waterfalls, mountains, rivers or seas. Government of India had never thought that in terms of tourism you all could contribute in such a massive way. I liked some pictures so much that I re-tweeted them. And as I understand, if some one would not have posted the picture of Belum caves in Andhra Pradesh many people would have never come to know that something like that exists in our country. Madhya Pradesh's Orcha Fort is another example of that. We assume Rajasthan to be a state with scarcity of water, but when someone sends a photo of Menal waterfall, it is a matter of great surprise. Really, a tremendous work has been

done. We will promote and also continue doing such work and the entire world will watch it, entire nation will watch it and our new generation will also watch it.

My beloved countrymen, though you have elected me as the Prime Minister of the country but at times, the human in me shuns all posts and prestige associated with it and submerges oneself within it. I can say that 21st June, the International Yoga Day affected me in the same manner. At that time, when I proposed the International Yoga Day, it was just an idea. But the scene that was witnessed on 21st June was such that wherever the sun dawned, wherever its rays reached, there was not a single landmass wherein it was not welcomed by way of Yoga. We can say with conviction that the sun never sets in the world of Yoga practitioners.

The way Yoga was received and was welcomed with open arms around the world, there would not be any Indian who would not be proud of it. I too got delighted. And when the people of France chose River Seine and Eiffel Tower in which they take pride to do Yoga, they gave an equal status to it as River Siene and Eifel Tower. In New York people did yoga at Times Square. If we think about Sydney, Australia then the picture of Opera House comes to our mind. The citizens of Australia gave equal respect to yoga and did yoga at the Opera House. Whether it is North America, Silicon Valley or Milan's Duomo Cathedral it is a matter of great pride for us. On 21st June when I saw Mr. Ban Ki-Moon, UN Secretary General doing yoga at UN Headquarters, I was really delighted. Similarly, UN Peace Keeping Force did a spectacular display of Yoga. In India, our soldiers too were doing yoga in Siachen on white sheet of snow and on sea too, wherever our naval ships are posted, the yoga program was being carried out by Indian Navy. Delhi made it to the Guinness Book of World Records . Rajpath turned into the Yogpath that day. I am thankful to India and the rest of the world and can say that the International Yoga Day was not for

namesake. It seemed as if that from every corner of the world, there was a new inquisitiveness, new joy, new hope and new connection.

Few days back, when I tweeted a photo of a Vietnamese child doing yoga, it was such a sweet photo that it got a lot of attention from the entire world. Everybody, be it men-women, old-young, village-city, developed or developing countries, everybody got connected with it. Yoga in true terms, became the core reason to connect the entire world. I do not know how the intellectual class, elites of the world would analyze this event. But I can feel and every Indian can experience that the whole world is very curious to know more about India. Curiosity towards India has increased. The world wants to know about the values, the rituals and the heritage of India. It is our responsibility that without any artificiality we share our legacy and introduce ourselves to the world. We can only do this when we ourselves are proud of our traditions.

At times, we are so familiar with our values that we don't feel there is anything new in them but we ourselves do not know that our family values are considered to be a big thing in the entire world. Why don't we familiarize the outside world with our family values? The world would be very surprised to know about them. I am sure, they would be intrigued. There are many things that our forefathers have given to us which are the best and the entire world also has the right on those things. The success of International Yoga day has brought in a new responsibility along with it. It is our responsibility that we gift supreme Yoga teachers to the world. It is our responsibility that we can see the entire tradition of Yoga on one platform from the Universe.

I request the youngsters, especially the IT professionals, that all of you should come together to create an Online Yoga Activity program. We all should come to

know about all the Yoga organizations, Yoga teachers and all the necessary information about the Yoga from this online program. One database must be prepared and I believe you can do it. One must start from somewhere and it would surely turn out to be a great power. I have seen and learnt from the perspective of recent occurrences that a government that works and the government that is action-oriented can bring in results if the targets are set. We should not forget that the only voice that could be heard one year ago was that nothing happens, nothing happens, nothing happens.

Can you imagine that there is a department under Government named Ayush. Nobody has paid attention towards this department. The only mention Ayush in some corner of the newspaper being a small department is once in 2 to 5 years. But it led on the International Yoga Day. It was this small department that organized this event in the entire world. Therefore, this is an example that if there is an aim then even a small department can do a supreme job.

In the last few days, the world saw how we saved people from Yemen to Afghanistan. In a few hours-, we reached Nepal and helped people over there. When people wanted to open an bank account under the Government's new scheme of Jan Dhan Yojana, how the people working in bank helped them to do so and connected millions of Indians to the bank.

On 15th August last year, when I appealed from the Red Fort for toilets in schools, I had said that by next 15th August we have to complete this task. The work which could not be completed in last 60 years was promised to be completed by the end of one year. The promise was really daring. Almost four and half lakh toilets were to be built but I can say it with satisfaction that though 15th August is still far off, the work of constructing toilets by the people is on the verge of completion.

This means that the Government, people and Government workers, all want to work for the country. If we pledge to work in an unselfish manner “Welfare for All, Happiness for All” then the Government will also work efficiently. The people who are a part of the government will also work efficiently and the people of the nation will welcome them with open arms.

I have experienced this. This is the true strength that drives a nation forward. Last month, we had launched three Insurance schemes. I had launched them from Kolkata and it has received such a commendable response in such a short span of time. There have been very few steps which have been taken from the perspective of social security but by way of these three schemes we are taking a big leap. In such a short time span more than 10 crore people have become a part of these schemes but we have to take it further. I have a thought which I want to put forth before you. Rakshabandhan comes in the month of August. Can't we start a massive movement before this festival and make every women, be it our mother or sister, a part of this, thereby giving benefit to them under this Insurance program. Be it a sister who is a domestic help in your home or your own sister why can't we gift them a Rs. 12 or Rs. 330 scheme on Rakshabandhan for their entire life. This can be a big gift for a sister from their brother. Why can't we set the eve of rakshabandhan as a target and in a number of 2 crore, 5 crore, 7 crore and 10 crore … try to reach the sisters so that they can reap the benefit of this scheme. Let's come together and try to work together towards the completion of this pledge.

Whenever I hold a Mann ki Baat session, many people send me suggestions. This time many people have suggested that I say something about the monsoons. Yogesh Dandekar from Nagpur, Harshvardhan ji from Mysore, Praveen Nadkarni ji, Divyanshu Gupta ji have all asked me to say something about the monsoon in this session of Mann ki Baat.

They have sent in some really good suggestions. And this is a season of happiness. And each one of us, whatever the age is… definitely tempted to enjoy the first showers of the monsoon. I am sure, you too might be enjoying the rains with bhajiyas, pakoras, corn and a hot cup of tea. Just as the rays of the sun give us life, similarly rainfall provide us life and sustenance. Every drop of water is precious. As a responsible citizen and as a member of the society, we will have to cultivate the habit of conserving every drop of water. It should be our pledge that water from the villages stays in the villages and water for the cities remains available for them. If the rain water does not flow away, it goes into the earth , then the aquifers get recharged and the year long water woes get resolved. Rain water harvesting is not a new concept. It is being practiced over the centuries. Be it check dams, watershed development, small lakes or the small ponds in fields, we need to save the precious waters everywhere. I always tell people, that if you go to Porbander, the birth place of Mahatma Gandhi, you will be able to see a two hundred year old underground water tank which got directly recharged with the rain water. You can still see it. If you ever go there, do visit the place. And you will find that even after two hundred years it is still functional, brimming with water and the water does not even stagnate. Porbander is a coastal city, so potable water was collected through the rains for the entire year. Even in those times such a lot of care was taken. We can too do the same. This should in fact become a mass movement. Each and every village should have the facilities for rain water harvesting.

Similarly, we find greenery so pleasing to our eyes. We all like greener surroundings. Gardens and trees bring in an element of freshness in our lives. This monsoon season, there should be mass plant sowing campaigns conducted by youth and social organizations. And I can take a leaf from my personal experience and offer you a suggestion which has

been very successful. This is an intensely rural technology. Whenever you sow a plant, place an earthen pot near it. You just need to fill it once or twice in a month. You will see how fast the plant grows into a lush green tree. I have even been telling the farmers to plant trees on the boundaries of their fields instead of putting barricades. These will become your biggest asset in the long run.

It is true that rains are enjoyable and bring in a lot of fun at the same time. It is also true that rains also bring in many diseases. Doctors get to see so many patients that they hardly get the time to breathe. We all know that rains cause many water borne diseases. Increased moisture in the environment leads to bacterial growth and so, keeping the environment clean becomes important. Cleanliness is very important in monsoons. It is often requested to consume safe drinking water. Most of the people boil and drink water during this season. It has its own benefits. And this is true that the more care we take, healthier we would be. We need monsoons and we need water but we also need to stay healthy.

Dear citizens, we have recently launched three schemes for the people in the cities. We have around 500 small cities. Our policy is 'Waste to Wealth'. We can earn from waste too. Garbage can be recycled to make fertilizers, bricks and even electricity. Contaminated water can be recycled to make it clent and be used for irrigation in the fields. We have to take this movement forward.

In the Amrut scheme, we have launched a massive campaign and taken up initiatives to improve the quality of life in our cities. We should become a country which is able to match the living standards of the world. We should have smart cities, comparable to world standards. And yet at the same time, the poorest of poor person should have an accommodation of his own and that too complete with water, electricity, sanitation and access to a school. In 2022 when

India celebrates its 75 years of Independence, we wish that every Indian has a house of his own. Keeping all this in mind, we have launched three major schemes. I am positive that these schemes will bring about a qualitative difference in the lives of the urban people.

I am myself connected to you via the social media. I keep getting many new suggestions and new ideas and also good and bad information about our government. And sometimes it so happens that a small comment from an individual in some remote village in India conveys something that just touches our hearts. You are aware that the government has launched “Beti Bachao Beti Padhao” programme. But you can't imagine the force that is lent to the programme when a village or a society adopts it. A few days back a Sarpanch in a small remote village of Haryana, Sri Sunil Jaglan ji launched 'Selfie with Daughter' campaign. Such an environment was created that every father wished to click a selfie of himself with his daughter and post it on the social media.

I liked this idea, and that too for a special reason. In Haryana, the number of girls in comparison to boys is dismally low. Around another 100 districts in the country have a similar dismal situation of skewed sex ratio. But it is the worst in Haryana. In that very same Haryana, if a Sarpanch of a small indistinct village lends this meaning to the “Beti Bachao Beti Padhao” programme, then I certainly get overwhelmed. It makes me so happy and it gives me a new hope and I do express my happiness. I request you all to take a selfie with your daughter and post it on #selfie with daughter. And do not forget to post a tagline around the theme of “Beti Bachao Beti Padhao” with it, whatever be the language it can be in Hindi, English, your mother tongue or your native language. And I promise to re-tweet the most inspirational tagline with you and your daughter's selfie. We can turn “Beti Bachao Beti Padhao” into a mass movement. I urge you all to

take forward the programme launched by Sri Sunil in Bibipur village of Haryana. I request you all to post on #selfie with daughter. Lets us all enjoy the rising honour and prestige of our daughters and see how joyful this entire experience of "Beti Bachao Beti Padhao" becomes. Let us all rid ourselves of this bad name that we have for not respecting our daughters.

So my best wishes to you for the coming monsoon season. May all of you enjoy the rains. Make our country clean and green. And remember, the International Yoga day was not a single day initiative. Continue practicing Yoga, then see what difference it makes to you and your life. And I say this from my experience. Please take this forward. Make Yoga a part of your life. And that initiative regarding Incredible India, do keep posting a picture of whichever part of the country you go to. The country and the world will awaken to our diversity. I felt that the handicrafts did not receive due attention. Do make it a point to post the handicrafts of the local region you visit. There are so many things that people around you might be making, the poor as well as the skilled might be creating. Do keep posting their pictures regularly. We have to expand our reach to the world and make India known to the world. We have an easy medium at our disposal and so we will all do it.

My dear countrymen, that is all for today. I shall meet you again in the next edition of Mann ki Baat. Many people expect me to announce some huge schemes during this programme. But I am working day and night towards those. This is my time for some light conversation with you all. This gives me immense pleasure.

Thank You Very Much!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

My Dear Countrymen, Namaskar!

This year the rains have started on a good note. This will definitely prove beneficial to our farmer brothers and sisters in sowing of kharif crops. I am very pleased to share an immensely good news with you all. We have always faced scarcity of pulses and oilseeds in our country. Poor people require pulses and some amount of oil to prepare vegetables for their food. The good news for me is that there has been an increase of approximately 50% in the production of pulses and an increase of around 33% in the production of oilseeds. I would especially like to congratulate and compliment all my farmer brothers and sisters for this achievement.

My dear countrymen, 26th July is marked as Kargil Vijay Diwas in the history of our country. The intensity with which the farmers are connected with their land, our soldiers too are connected with the land in the same degree. During the Kargil war, each one of our soldier proved mightier than hundreds of soldiers of our enemies. I would like to salute all our brave soldiers who thwarted the attempts by our enemies

without caring for their lives. Kargil war was not limited to just our borders, but each of our cities, villages contributed in this war. This war was fought by those mothers and sisters whose sons and brothers were fighting against the enemies at the border. This war was also fought by the daughters of our country, who were newly married and their henna were still fresh on their hands. Also, by the proud fathers, who saw themselves as soldiers, seeing their sons fighting for the country, and also by that infant who had not even learnt to walk catching his father's fingers. It is because of these unmatchable sacrifices that our country is proudly standing on its feet in front of the entire world. Hence, I would like to salute all these valiant warriors on this occasion of Kargil Vijay Diwas.

There is another reason why I consider 26th July quite important because MyGov.in was launched a few months after our government was formed. Our pledge was to promote citizen participation in democracy and connect every citizen in the development work. And today I am pleased to share this after one year that nearly two crore people have visited MyGov website. We have received comments from five and a half lac people and I am extremely glad to mention that more than fifty thousand people took out time from their precious schedule to apply their mind and provide their suggestions on PMO applications as they considered this work important. And we have received quite significant suggestions. One of the suggestions sent from Mr. Akhilesh Vajpayee from Kanpur is to provide separate quota to the disabled for booking tickets on IRCTC website. It is quite unfair that the disabled citizens have to go through the same tiring procedure and buy tickets at the railway station. Though this is a very minor issue but the government never took note of it or thought about the same previously. But on the suggestion of our brother Akhilesh Vajpayee, our government looked into this suggestion seriously and we have implemented this

facility in our system for our disabled brothers and sisters. We are receiving quite positive suggestions on MyGov, it is helping in getting assistance in creating logos, tag-lines and formulating policies by yourselves. We are experiencing fresh air in the administrative system. We are experiencing a new sense of consciousness. I am even receiving suggestion on MyGov that what should be my speech on 15th of August.

We have received quite a few suggestions from Suchitra Raghavachari from Chennai in this regard. She has suggested me to speak on the topics like Save our Daughters, Educate a Girl Child, Clean Ganges, Swachh Bharat. With this I got an idea and I am requesting you all to send suggestions about what should be the topics for my 15th August speech. You can send in your suggestions through MyGov, letters to Radio or write letters to the PM's office. Look, I believe that this will be a great initiative to include people's suggestion in framing my speech for 15th August. I believe that you will send your good suggestions.

I would like to talk about an issue which is a matter of great concern. I neither want to sermonize nor I am trying to find an escape route towards my responsibilities pertaining to state government, central government or units of local self-government institutions.

Two days ago a visual of an accident in Delhi caught my attention, wherein the victim on scooter was fighting for his life for ten minutes post the accident. He did not receive any help from the passers-by. In general also I have noticed that I have been receiving suggestions to speak on road safety and make the people aware of this. Be it Hoshakote Akshay from Bengaluru, Ameya Joshi from Pune or Prasanna Kakunje from Mudbidri, Karnataka – all these all people have written to me… there are many other names which I am not being able to mention and have raised their concerns. I agree that whatever you have put forth is valid.

My heart shivers when I look at the statistics of accidents. We are witnessing an accident every minute in our country. Due to these road accidents we are witnessing one death every four minutes in our country. It is a matter of huge concern that out of these deaths, nearly one third of the victims comprise the youth ranging from 15 to 25 years of age group, and such death shakes the very foundation of an entire family. The government system will continue to work towards this but I would like to request all the parents to make their children aware of all the Safety Rules pertaining to driving a two-wheeler or a four-wheeler – the families should encourage discussion of road safety at home and create an atmosphere about the same to promote road safety. We have seen few lines written at the back of auto-rickshaws, "Papa, come home early" and after reading it we are so touched by it. And therefore I say that the government has taken a lot of new initiatives in this regard, be it the initiative of education on Road Safety, initiative related to road engineering or of enforcement of road safety laws and the discussion on Emergency Care to be provided post accidents. We are going to implement Road Transport and Safety Bill to adopt these safety measures in our country. In the coming days, we are also planning to take many important measures for implementing National Road Safety Policy and Road Safety Action Plan.

We have undertaken another project called Cashless Treatment in Gurgaon, Jaipur and Vadodara to Mumbai, Ranchi, Rangaon and Mundiya national highway and it will be further extended. The Cashless Treatment refers to the policy for the first fifty hours post-accident – one need worry if one has money or not, who will pay the bills, leaving all this worry – one has to give primary importance to the road accident victim who is injured so that he is treated and provided the best hospital facilities at the earliest. We have started a toll-free number 1033 for providing information

about incidents across the country and ambulance service but all these are services are for post accidents. One must strive to avoid accidents first but it is also important for us to see from the perspective that each and every soul, each and every life is precious.

Sometimes I say that the government employees to be Karma Yogis or selfless workers. I recalled a few incidents in the last few days which I liked and hence would like to share with you. Sometimes people get tired of their continuous jobs. In the initial few years the attitude is “okay, I get my salary so I will work”. However, I came across an incident of a railway department a few days ago, wherein a railway TTE Vijay Biswal from Nagpur division who is gifted with painting prowess could have has chosen to showcase his skills related to any field but he continues to work with the railways and paints various scenes related to railways only. Through this he gets an inner satisfaction for his job and also enjoys his hobby at the same time. Using his example, we can learn how to bring more life to our own jobs. Vijay Biswal has shown us how we can connect our jobs with our hobbies, interests or skills. Who knows, Vijay Biswal's work may get recognised by his paintings across the nation in the near future.

I have come to know about a very inspiring work started by the entire team of government officials in Harda district, Madhya Pradesh. These bunch of officials with their entire team have started such a work which has touched me immensely and I really liked it – and the work they have started is 'Operation Malyuddh', and upon hearing this you will feel that this subject will go in a certain direction. But the key focus of this operation is to give a new direction to Swachh Bharat Abhiyaan. They are working on 'Brother Number One' operation in which the best brother has to gift one toilet to his sister. On the occasion of Raksha Bandhan, they are influencing all the brothers to gift toilet to their

sisters, so that all the mothers and sisters of the district avoid going to toilet in the open. This operation has given a new meaning to Raksha Bandhan and I would like to congratulate the entire government team of Harda district for this initiative.

I came across a news a few days back and these small news really gives me immense pleasure and I would like to share the same with you. There exists a small village called Keshla in Rajnandgaon, Chhattisgarh. The inhabitants of this village from last few months tried and lead a campaign for building toilets in the village. Now, nobody from this village has to go to toilet in the open. After the completion of this campaign, the entire village celebrated this accomplishment just like a mega festival. These finest examples coming up to me show how our society is bringing change in human values and human mind and how the citizens of this country are taking the nation forward.

Bhavesh Deka from Guwahati has written to me on the North-East related issues and problems. I must say that North-East people are quite active. I really appreciate that they write about a lot of issues. I would like to tell them with great pleasure that we have a separate ministry for North-Eastern region. During the government of Atal Bihari Vajpayee as our Prime Minister, a DONER Ministry called "Development of North-East Region" was formed. After our government was formed, the DONER Department took an important decision of not staying in Delhi and working from centre for the North-East regions? Instead it was decided to send the government officials and their team on a seven days camp to North-East states like Nagaland, Arunachal Pradesh, Tripura, Assam and Sikkim. These officials would visit the districts, villages and meet the local government officials and talk to people's representatives and the citizens of those regions. They will listen to their problems and direct the government in taking appropriate measures in solving those

problems. This initiative will bring a fruitful result in the near future. The officials who will visit these states would realize the beauty of these states and will feel very determined to work for the development of these states and to fix the problems of these states. When they return with this pledge, they can easily understand the problems of these states even when they reach Delhi. This is a great initiative to go far-off from Delhi to East, and this act is called "Act East Policy".

My dear countrymen, we are extremely delighted and proud of the "Mars Mission" success. India's PSLV C-28 has launched five UK satellites, which are the heaviest satellites launched by India till date. Such news remain in the flashlight for few moments and are gone. We often do not remember these achievements for a long time. I am often worried by this thought that we speak to the youth of our nation and ask about their dream job, only one out of 100 would express their interest in becoming a scientist. Youth is losing their interest in science, which is a matter of great concern.

Science and Technology is a type of DNA for development. The youth of our country should dream about becoming a scientist and imbibe interests in the field of research and innovation. Their capabilities should be monitored and must be assisted in the right direction to achieve success in this field. Ministry of Human Resource Development, Govt. of India has initiated a National Discovery Campaign. It was inaugurated by India's ex-President Dr. A.P.J Abdul Kalam. As a part of this campaign, IIT, NIT, Central and State Universities being their mentor and guide are going to educate and motivate the aspiring students to choose the right path in their career. I always press upon the IAS officers of our government, who have reached such heights with their vast intellect and education that they should visit the nearby schools and colleges and share their knowledge for just two to four hours in a week. Your experience and intellect would certainly help the new

generation to some extent.

We have raised a very big issue regarding the supply of 24 hours electricity in the villages of our country. This work is difficult but it must be done. We have auspiciously inaugurated this scheme and the villages will get a supply of 24 hours electricity in the coming years. The students of the villages should not be affected with the shortage of electricity during their exams. There should be enough electricity for starting a small industry. Today, the villagers have to go to other villagers for charging their mobile phones. The villages should be provided with all the facilities that are available in the cities. For this purpose, we have launched "Deendayal Upadhyaya Gram Jyoti Programme". I am aware that this country is quite vast and we have to reach the villages and far off corners of the country. We have to run for the development of the Poor. We will achieve this goal and it is already in progress. We will certainly achieve this. Today, through Mann ki Baat, I felt like expressing these myriad of thoughts.

In a way, in our country the months of August and September are the months for celebration of festivals. There are lots of festivals in these months. My greetings to all of you for the same. Please do send your suggestions for 15th August. Your opinions will really help me.

Thank you very much to you all!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

30 August 2015

My dear countrymen, greetings to all of you! I have the opportunity to be amongst you to share my Mann Ki Baat once again. Far south, the people are engrossed in Onam festivities and yesterday the entire Nation celebrated the holy festival of Raksha Bandhan. The government of India has launched various schemes of social security for the common man. I am happy that in a very short span of time all these schemes have been accepted in large numbers.

I had made a humble request that on the occasion of Raksha Bandhan we give our sisters these insurance schemes as a gift. The preliminary information that I have, notifies me that from launch till date around 11 crore families have joined this scheme. And I have been told that almost half the beneficiaries are women, the mothers and the daughters. I consider this as a positive sign. I offer my best wishes to all mothers and sisters on this blessed occasion of Raksha Bandhan.

Today when I talk to you, I want to mention that around a year back the Jan Dhan Yojana was started at a large

scale. A task which could not be achieved in the past 60 years, would it be possible to achieve it in such a small span of time? Many questions were being raised but I am happy to tell you that all the units of the government and all the banks put in tremendous effort and as per my knowledge till date close to 18 crore people have opened their bank accounts, 17 crore 74 lakh to be precise. I saw the richness of the poor. They had to open zero balance accounts. But these poor people saved money and deposited a sum of 22,000 crores. Banks are the mainstream of the economy and to reach this facility to the homes of the poor, the programme of Bank Mitra is being strengthened. Today more than 1.25 lakh Bank Mitras are serving in the country. The youth have got employment this way. You will be pleased to know that in this one year to connect the Banking sector, Economy and the Poor People, over 1 lakh 31 thousand Financial Literacy camps have been organized. One just does not have to open account and get stuck. Thousands of people under the Jan Dhan Yojana are now eligible to take an overdraft and they have availed it too. Now the poor have this faith that they too can get money from the bank. I would again like to congratulate all the people associated with this initiative and I would like to request the poor brethren who have opened an account to never severe this relationship. These are your banks and now you should never leave them. I have brought them to you, now it is your job to keep them going. All of our accounts should be kept active. I have the faith that you will definitely continue operating the bank accounts.

In the past few days the events in Gujarat, the violence unsettled the entire country. It is natural that if something of this sort happens in the land of Mahatma and Sardar Patel, then the Nation is definitely shocked and hurt. But in a very short span of time, the intelligent brothers and sisters of mine in Gujarat brought the entire situation under control. They played an important role in preventing the situation form

worsening further and once again Gujarat started its peaceful march. Peace, unity and brotherhood is the right way forward. We have to walk together towards the path of development. Development is the key to our problems.

Sometime back, I had the opportunity to meet the scholars of the Sufi tradition. I had the opportunity to hear them speak. And truly speaking of the experience and the manner in which they presented their views sounded as if some music was being played. Their choice of words, their way of talking, the generosity of the Sufi tradition, its sublimity, its lyricism, I could experience it all. I felt very nice. I think it has become imperative to present Islam in its true form to the world. I am confident that the Sufi tradition which is associated with love and generosity will take this message far and wide and will thus benefit not only the humanity but also benefit Islam. And I would like to tell all that whatever faith one follows, we should definitely experience Sufism once.

I am about to get another opportunity in the coming days and I consider myself fortunate to receive this invitation. Various Buddhist scholars from across the globe are coming together at Bodh Gaya and will discuss issues relating to humanity at a global level. I have been extended an invitation to be a part of this event and I am glad to be invited at Bodh Gaya. Pandit Nehru, the first Prime Minister of India visited Bodh Gaya. And now, I will be going there with these scholars, this gives me immense happiness.

My dear farmer brothers and sisters, today I would again like to especially share my Mann Ki Baat with you. I have already mentioned this in the previous sessions of Mann Ki Baat. You must have heard me speak in the parliament, in public forums or Mann Ki Baat about it. I have always said that the government is open to all views and suggestions on the issue of Land Acquisition Act, on which a debate is going

on. I have reiterated again and again that I am open to any suggestion in the interest of the farmers. But today, I want to tell all my farmer brothers and sisters that the request to reform the 'Land Acquisition Act' was raised by the states very emphatically. Everyone felt that if the welfare of the farmers is to be achieved, if the water has to reach the fields, if poles are to be erected to provide electricity, if roads have to be constructed in the village, if houses are to be made for the poor in the village, if employment opportunities are to be provided to the poor youth of rural areas then we have to free the land from legal hassles and bureaucratic hurdles. And hence this reformed proposal was introduced. But I saw how the framers were being misled and a fear psychosis created. My dear farmers, you should not be misled and definitely never be scared. And I do not wish to give anyone the opportunity to mislead you and scare you. For me, every single voice in the Nation is important but most important to me is the voice of the farmer. We had issued an ordinance. Tomorrow, on August 31st the deadline for this ordinance ends. I have decided that let this ordinance be lapsed. This means that now same situation exists as it was prior to the formation of my government. But in the same act, there was a job which was incomplete. This job was related to 13 points which were to be completed within a year and so we brought the ordinance, but due to these disputes the issue got stuck. The ordinance is coming to an end but those 13 points which were to benefit farmers which is directly connected to the monetary issues of the farmers will be made into a law and will be implemented today itself so that the farmers do not suffer any losses, especially monetary losses. And hence the task of implementing the 13 points which was left incomplete in the earlier act is being accomplished today. I want to reassure my farmer brothers and sisters that 'Jai Jawan Jai Kisan' is not merely a slogan, it is our guiding Mantra. The guiding mantra is the welfare of the villages and the poor

farmers. That is why I declared on 15th August that it is not just an agricultural department but an agricultural and farmer welfare department will be created. We are steadily working on it. So my dear farmers there is no need to be misled now and especially there is no need for you to fear anything. Do not be scared even if someone tries to scare you.

I have to say something more. Two days back we completed the 50 years of the 1965 war. And whenever we talk of the 65 war it is natural that we remember Lal Bahadur Shastri. It is also but natural that we remember his slogan 'Jai Jawan Jai Kisan'. It is also natural that we remember our Jawans who sacrificed their lives to maintain the pride and honour of our Tricolor Flag. I salute all those associated with the victory of the 1965 war. I pay my tribute to the brave soldiers. May we continue to be inspired by such incidents of our history.

Like I had the chance of meeting the Sufi scholars similarly I had another great experience. I had the opportunity to interact for hours with the distinguished scientists of the country. I had the opportunity to hear them and I was very happy to know that India is doing commendable research in the field of science. Our scientists are doing some excellent work. Now the challenge is to take these researches to the common man. How to convert these theories into machineries? How to connect laboratory to the land? We have to take this forward as an opportunity. I got a lot of new information. I can say that it was both inspiring and educative experience for me. And I saw how the young scientists were eager to explain their work and their eyes were full of dreams. In the previous episode of Mann Ki Baat I had expressed the view that our students should be drawn towards science. After this meeting I felt that there are numerous options and endless possibilities. I would like to reiterate once again that our young friends take interest in science and our educational institutions should also encourage the students for the same.

I receive many letters from the citizens. Mr. Parimal Shah from Thane talks about educational reforms on my portal 'MyGov.in'. They have written about Skill Development. Mr. Prakash Tripathi from Chidambaram in Tamil Nadu emphasizes the need for good teachers at primary level. They have emphasized on reforms in the educational set ups.

I especially want to make a point to my young friends. I had mentioned from the Red Fort that why should there be interviews for the lower posts. And when they do get the interview letter – the poor, the widowed mother start thinking who to reach for recommendation, who can help get the job, whose jack could be useful to get that job. I do not know what all kind of words are being used? Every one rushes and that seems to be one reason for corruption at the lower levels. I had mentioned in my speech on 15th August 2015 that this tradition of interview should at least end at some level. I am happy that in such a short span of time, it has just been 15 days but the government is moving at a very fast pace. Information is being disseminated and soon the decision will be enforced and small jobs will be made free of interviews. Now the poor will not have to run for recommendation. This will end exploitation and corruption.

These days many guests from foreign countries have arrived in India. 24 countries from across the globe discussed on the Indian soil a 'Call to Action' to reduce Maternal Mortality and Infant Mortality rates. It was the first time that this programme was organized in any other country outside America. And it is true that in our country about 50,000 mothers and almost 13 lakh children die during delivery or immediately after it every year. This is a cause of worry and these figures are scary. Although a lot of improvement has taken place. India is being appreciated at the International level for its efforts but this statistics is not low. Like we became polio free similarly we became free from tetanus as a

cause of maternal and child mortality. The world has accepted this. But we still have to work to save our mothers and our children.

Dear countrymen, there is news of dengue everywhere. It is true that dengue is dangerous but prevention of dengue is easier. It is directly related to the Swachh Bharat Campaign that I talk about. We watch the advertisement on TV but do not pay attention. There are advertisements in the newspapers but it escapes our attention. There are several ways of keeping the smallest thing in the household clean by using pure water. A lot of Public Education Programmes are being conducted but we do not pay attention. We feel that we live in very good houses with proper arrangements being totally unaware that water is collecting at some location in the house and that we are inviting dengue. I would request you all that do not make death so cheap. Life is very precious. A little carelessness about cleanliness and accumulated water can cause death, which I believe is not right. In the entire country about 514 centers have facilities for testing dengue cases absolutely free of cost. It is necessary to get ourselves tested on time to save precious lives. Cooperation from all of you is very important for this menace. And cleanliness should be given great importance. From Raksha Bandhan to Diwali there will be many festivals. Why don't we associate each festival with cleaniness? You will see how a tradition becomes your habit.

My dear countrymen I want to share good news with you. Like I said we may not get a chance to die for our Nation, but we can be fortunate to live for the country. There are two young brothers and that too from Nashik in our own state of Maharashtra. Dr. Hitendra Mahajan and Dr. Mahendra Mahajan, both with a keen desire to help our tribal population. These two brothers have brought pride to the Nation. In America a difficult cycle race of about 4800 kms known as Race Across America is organized. This year both these

brothers have won this race. They have made us proud. I would like to congratulate both these brothers and send my best wishes. But I was happier to know that they do all this for their campaign "Team India – Vision for Tribals". See everyone is doing their bit for taking the country forward. And this it, when you hear such things the heart swells with pride.

Sometimes we do injustice to our youth guided by a certain perception. The old generation feels that the new generation does not understand anything and I understand that this has been going on for ages. My experience regarding youth is different. Sometimes when we talk to the youth we learn so many things. I have met so many youth who have taken the pledge 'Sunday on Cycle'. Some say that I keep one day a week as Cycle-Day as it is good for my health. It is good for the environment. And I enjoy my youth too. Nowadays many cities in our country are witnessing cycle use and there are many people promoting its use. But this is a good initiative both for improving health and saving the environment. And today when two youths of my country made India proud in the US, I thought of it worth mentioning.

Today I especially want to congratulate the Maharashtra government. It makes me happy. The task for erecting a memorial for Baba Sahib Ambedkar in the Indu Mill compounds had been stuck for long. The new government in Maharashtra completed this task and now a grand memorial will be erected which will inspire us to work for the dalits, exploited and the marginalized. But along with this, the house in UK where Baba Saheb lived – 10 King Henry Road has been purchased too. The globetrotting Indians on their trip to UK can visit the memorial being erected by the Maharashtra government. It will be inspirational to many. I congratulate the Maharashtra government on the accomplishment of both these tasks.

My dear brothers and sisters do share your views before the next Mann Ki Baat for I believe that democracy runs through public participation. We can take the Nation forward when we work together. I send my best wishes to you.

Thank You.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

20 September 2015

My dear countrymen, greetings to you all. This is the twelfth episode of "Mann Ki Baat" and in a way it means that we have completed one year. Last year on 3rd October I had an opportunity to conduct my first ever "Mann Ki Baat". "Mann Ki Baat" – one year, many thoughts. I am not sure of what you gained, but I can certainly say that I gained a lot.

In a democracy the power of the people is of great significance. This thought has been fundamental to my thinking and that is why I have immense faith in the power of the people. But with Mann Ki Baat whatever I was taught, whatever I was explained and the experiences I had, made me realize that the power of the people is limitless and it far exceeds our thinking. Our ancestors would say that there is a divine element in each individual. My experience of "Mann Ki Baat" made me realize that the thinking of our ancestors was very powerful and had great authenticity in them as I have myself experienced them. I asked for suggestions for "Mann Ki Baat" and yet could touch upon just 3-4 of them. But people continued to contribute actively in lakhs. This in itself is a great power. I did not feel that anyone got

disheartened thinking that I wrote a letter to the PM or posted on mygov.in, yet my suggestions were not accepted even once.

Yes …. These lakhs of letters did teach me something more. I became aware of very minute problems associated with governance. I would like to congratulate Akashwani for not treating these suggestions as mere bits of paper but considered them as expectations of the people. They conducted programmes after that. They called in various departments and put across them the issues that the people had raised. They tried to get certain problems resolved. The various departments of the government analyzed these letters and segregated them as the ones related to policy matters, others to personal issues, some others as pointers that the government was not even aware of. Many things arose from the grass root level and reached the government. It is true, the basic principle of governance is that information should percolate upwards from bottom and guidance should percolate from the top to the bottom. Who would have thought that the "Mann Ki Baat" will become a source of information? But this has happened.

In the same way "Mann Ki Baat" became a platform to express the power of society. I had just casually mentioned about selfie with daughter and what a movement it became. The whole world was amazed. Lakhs of people, perhaps from all the countries of the world posted a selfie with their daughters. What dignity did it lend to our daughters? Anyone who clicked this selfie not only boosted their daughter's confidence but also made a commitment to them. Whosoever saw it realized that they will now have to give up the indifferent attitude towards daughters. This was a kind of a silent revolution.

I had casually mentioned to my fellow citizens, keeping in mind the tourism industry of India to send me good

pictures of the destination they travel to on the lines of Incredible India so that I can also see them. People sent pictures in lakhs from every corner of India. Neither the Government of India nor the state tourism departments were aware of such heritage. All things were brought together on a platform and the government did not have to spend a single penny. The people themselves took the task forward.

In October last year, I did my first "Mann Ki Baat". In that edition I had mentioned about Gandhi Jayanti. I told people that we are celebrating Gandhiji's birth Anniversary on 2nd October. There was a time when there was Khadi for Nation? Isn't it the need of the hour that there be Khadi for fashion? I requested the people to buy Khadi and to do their bit. Today, I can say with great satisfaction that in the past one year the sales of Khadi have almost doubled. Now see, there was no government advertisement. Nor were lakhs and crores spent. A simple feeling and realization by the people has brought this change.

Once I had mentioned in "Mann Ki Baat" about the problem of poor families, how their children cry due to the pollution when the wooden stove are lit. Shouldn't they be getting gas cylinders? And I had requested the affluent to surrender their gas subsidy. Just think…Today I can say with great pride that 30 lakh families have given up their gas subsidy and these are not the rich people. I saw on T.V, a retired teacher, a widow lady standing in a queue to give up her subsidy. The common people from the society belonging to the middle and lower middle class have difficulty in giving up subsidy. But then they did give up their subsidy. Isn't it a silent revolution? Isn't it a demonstration of the people's power?

The governments too will need to learn a lesson that there lies a powerful society which has tremendous capabilities, energy and the determination beyond the realms

of their administration. There is more likelihood of the government being a catalytic agent of change if it is better connected to the society. “Mann Ki Baat” has turned my faith into belief and reverence and once again I would like to salute this immense power of the people through this platform. They took up every small cause and made it their own and tried to contribute to the welfare of the country. Can there be a bigger satisfaction than this?

This time I thought of conducting a new experiment through Mann Ki Baat. I had requested the citizens to call up telephonically and get their suggestions or queries recorded. I told them that I will take it up in Mann Ki Baat. I am happy that we received more than 55,000 calls from across the country – be it Siachen, Kutch or Kamrup, be it Kashmir or Kanyakumari. There is no part of India from which I did not receive a phone call. This is a pleasant experience in itself. People of all age groups have sent messages. I listened to some message personally and I liked them. My team is working on the others. You must have spent just a minute or two but for me your phone calls are very important. The entire government will work on your suggestions.

But there was something which surprised me and made me equally happy. It feels as if there is negativity all around us. But my experience was different. These 55,000 people expressed themselves in their own way. It was frank interaction where they could say anything but I am surprised that all the things were in the shadow of Mann Ki Baat. They were totally positive, suggestion oriented and constructive. Just see how the citizens of the country are moving with a positive attitude; this is the nation's greatest wealth. There were serious complaints in about 1-2% phone calls. But more than 90% things were energizing and pleasant.

Another thing came to my mind, for the specially–abled. And among them especially from the kin of

visually impaired, they made quite a number of phone calls. The reason may be that they are not able to watch T.V, but they must definitely be listening to the radio. This made me realize how important the radio is for the visually impaired people. I am seeing a new aspect and they put forth such good suggestions that they are enough to make the governments more sensitive.

Pawan Acharya form Alwar, Rajasthan has sent me a message. I believe that all of you should hear it and follow it. Please hear what he wants to say-

"My name is Pawan Acharya and I belong to Alwar, Rajasthan. I want to give the message to Prime Minister, Shri Narendra Modi ji to request all the people of India through his programme "Mann Ki Baat" to use as much earthen lamps (diya) as they can this Diwali. This will not only help the environment, but will also provide employment to many potter families. Thank you.

Pawan, I believe that this sentiment will definitely reach every corner of India. It is a good suggestion and the soil is priceless. So the earthen lamps will be valuable too. It is important from environmental point of view and it is made in a poor man's home. Poor people earn their living this way. I request the citizens to follow Pawan's advice in the coming festivals. If we do so then the lamp may well be lit not only in our homes but it will illuminate the house of the poor.

My dear countrymen, on the day of Ganesh Chaturthi, I had the privilege of spending 2-3 hours with the jawans of the armed forces. The jawans from our Army, Navy and Air force guarding our land, waters and skies. We have completed 50 years of our war with Pakistan in 1965. To commemorate this event an exhibition named "Shouryanjali" had been organized near India Gate. I saw it with immense interest. I went there for half an hour but when I came out it was more than 2.5 hours and I felt like seeing more. What was it that was

not there? The entire history has been brought to life. From aesthetic perspective it was excellent, from historical perspective it was very educative and if we see it from inspirational point of view from the perspective to serve the motherland then there can be no greater inspiration than this. At that time there was not much photography or videography but still those proud moments of war, those tales of valour and sacrifice of our great soldiers, which we had heard can all be experienced here through this exhibition.

Whether it is the battle of Haji Pir, Chaminda or Asal Uttar and the visuals of our victory near Haji Pir, we feel thrilled and immensely proud of our soldiers. I had the opportunity to meet the brave families, families of those who had sacrificed their lives and also those who had participated in the war who are in the twilight years of their lives. They too had come and when I was shaking hands, it was filled with great energy was very inspiring. If you want to create history, then it is necessary to understand the nuances of the past. History binds us to our roots. If we are detached from our history then the possibilities of creating history comes to an end. This exhibition on valour and gallantry helps us to experience our past. It gives us knowledge about our history. And this is an opportunity to inspire people to sow seeds for creating a new history. This exhibition will last a few days. I request you and your relatives living in Delhi and nearby areas to definitely visit it. And do not be in haste like me. I came back in 2-2.5 hours but you will need 3-4 hours, do see it.

Look at the power of democracy, a young kid has ordered the Prime Minister, although the kid forgot to tell his name in a hurry. I do not have his name with me but what he said is worth giving a thought, not only should the Prime Minister think about what he said but every Indian citizen should listen to what this child has to say:

“Prime Minister, Modi ji, I want to tell you that, for the Swachhta Abhiyan (Cleaniness Drive) that you started, you should get dustbins installed in every street and every corner”.

This child is absolutely right. We should adopt cleanliness as a habit and should make provisions for cleanliness. I got great satisfaction from this child's message. On the 2nd of October, I declared this cleanliness drive and I think something like this has happened for the first time after Independence because even in the parliament, cleanliness is being discussed for hours these days. Our government is criticized as well. I even have to listen to a lot of things; people say things like “Modi ji used to talk big about cleanliness, but what really happened?” I don't get offended by all this. I look at the positive side of it, which is that even the parliament of the country is discussing about the issue of cleanliness in India.

Look at the other side, on one hand the parliament and on the other hand this child of the country, both are talking about cleanliness, a country cannot be more fortunate than this. This ongoing movement of thoughts, the environment that's building against filth, there has been an awareness towards cleanliness. This will also compel the governments to work. The self-governing regional bodies, be it Panchayats, municipal corporations, municipalities, municipal corporations of metropolitan cities, central government or state government – everybody will have to work on this. We will have to take this movement forward despite its shortcomings and when in India in 2019, when we celebrate the 150th birthday of Mahatma Gandhi, we should aspire to work in the direction of fulfilling his dream.

Do you know what Mahatma Gandhi used to say? He once said, “if I have to choose between freedom and cleanliness, I will choose cleanliness first and freedom later”.

Cleanliness was more important for Gandhi than freedom. Come let us all follow what Mahatma Gandhi said and take a few steps towards fulfilling his wish. Mr. Gulshan Arora from Delhi has left a message on MyGov.

He has written that he wants to know about the birth centenary of Dindayal ji.

My dear fellow citizens, the lives of great men will always inspire us. It is not our responsibility to figure out the ideology of these great men. Everyone who lives and dies for our nation inspires us. In the coming days, we will get to remember a lot of these great men. 25th September we shall remember Pandit Deendayal Upadhaya, Mahatma Gandhi and Lal Bahadur Shastri on the 2nd of October, Jai Prakash Narayan ji on 11th October, Sardar Vallabh Bhai Patel on 31st October and there are innumerable names, I have mentioned just a few because our country has an unending list of such gems.

You pick any date; you will certainly find a name of one or the other great personality from the kaleidoscope of history. We must all try to remember these great personalities in the coming days, take their message to every house and we should try to learn something from them ourselves.

I would like to request you for 2nd October specially. It's the birth anniversary of Honorable Bapu Mahatma Gandhi. I had told you last year as well that you all must have all kind of fashionable clothing, all kinds of fabric, a lot of things, but you must also own Khadi. I am saying it again, that Khadi begins a discounted sale from 2nd October onwards for one whole month. You must all avail this sale. Along with Khadi, handloom must also be given equal importance.

Our weavers put in a lot of hard work. If we, 1.5 billion Indians buy a handloom product or Khadi for even Rs. 5, 10 or Rs. 50 then ultimately that money will reach the poor weaver. It will reach the poor widow who weaves Khadi and

this is why we must all spare some place for Khadi at our homes and on our bodies this Diwali. I just have this small request, I do not insist that you only wear Khadi. But have a few collection…. this is my only request. Look, last year we almost doubled the Khadi sale. A lot of the poor have been benefitted. Advertisements worth crores, by the government, cannot achieve what has been achieved through your help. This is the power of the masses and this is why I request you to come forward and help once again.

Dear countrymen, my heart is filled with joy because of this one thing. I wish to share this joy with you as well. I visited Kolkata in the month of May and the family members of Subhash Chandra Bose came to meet me. His nephew Chandra Bose had organized everything. I got the opportunity to spend quality time with Subhash Babu's family members. That day I decided to invite his great family to the Prime Minister's residence. Mr. Chandra Bose and his family members were in the process of organising this and last week I received the confirmation that around 50 members of the Bose family are coming to the Prime Minister's residence for a meeting.

You can imagine how happy I must have been on hearing this news. Netaji's family members, probably, must have been invited together to the Prime Minister's residence for the first time. More than that, I feel honoured to realize that this opportunity that I will get in October must be a one of a kind opportunity for the Prime Minister's residence to offer its hospitality. More than 50 family members of Subhash Babu's family who stay in different countries are specially coming down to attend this meeting. It is going to be a joyous moment for me. I am very excited to welcome them and feel extremely happy.

I received a message from Bhargavi Kande and after listening to the way she speaks, her voice, I felt she is a leader herself or she is going to be a leader probably.

"My name is Bhargavi Kande. I want to request the Prime Minister to make the young generation aware about voter's registration, which will increase the participation of the young generation in the times to come and in the future the young generation will provide its important contribution in selecting as well as running a government. Thank you" Bhargavi talked about registering the names in the voter's list and the voting process. In a democracy, every voter determines the destiny of a country and this awareness is spreading gradually. The voting percentage is also increasing and for this I want to congratulate the Election Commission of India. Up until a few years back we saw that our election commission worked only as a regulator but it has changed a lot in the last few years. Today, our election commission does not work only as a regulator but has become a facilitator, has become voter-friendly and the voter is at the centre of all its policies and its ideologies. It is a great change but we need more than what election commission can do. We must mobilize schools, colleges and societies – we must spread awareness always, not only during the time of elections. The voter's list must be updated; we must also keep a watch on it. This priceless right that I have, is it safe? Am I using it or not? We must all develop this habit. I hope that all the youngsters who have not been registered in the voter's list yet, get themselves registered and must vote too. I publically say during elections that one must cast his vote before he eats his food. This is a holy act, everyone must do it.

I have returned from a visit to Kashi, day before yesterday. I met a lot of people and attended a lot of events. I met many people there but these two kids I met have told me something that I want to share with you today. One of the boys, Kshitij, is a student of class 7. He studies in the Kendriya Vidyalaya of Banaras Hindu University. He is a very smart kid with a surprising high confidence level. At such a young age I saw that he was interested in research in the

field of Physics. I thought he must be reading a lot books, must be surfing internet, must be watching new experiments. He was talking about things like, how to stop railway accidents, which technology to use, how to save money in producing energy, how to develop feelings in robots and what not. He was an amazing kid. Although I could not follow what he was saying, very closely, but I liked his confidence and his interest in so many things. I want that kids in our country should develop more and more interest in science. Kids should be very inquisitive, why? How? When? A kid should always ask these questions.

Similarly, I met a small girl named, Sonam Patel. She is 9 years old. She is the daughter of Sadavrat Patel, a resident of Sundarpur, Varanasi. Her family is very poor. I was surprised that the girl had memorized the Bhagvada Geeta completely but the most interesting thing was that she kept reciting the shlokas along with its English interpretation and its definition in English as well as Hindi. When I asked, her father told me that she started reciting these shlokas since she was only five years old. I asked where she learned it from. They said, "We do not have any idea." Then I asked if she only reads Geetha or does she read something else as well? Her father then told me that if she picks up mathematics once, she has everything memorized by the evening. If she picks history, she knows everything by the evening. He told me that the whole family is surprised at this amazing talent the girl has. I was really very impressed. Sometimes, kids become obsessed with celebrities; Sonam did not have any such obsessions. I felt this girl is God-gifted.

Meeting these kids was a very special experience that I had on my Kashi visit. So, I thought I must share it with you. We do a lot of things, other than what you see on the TV and read in the newspapers. Sometimes, we enjoy doing these things as well. Similarly, I will always cherish the memories of this encounter with these kids.

I noticed that a few people get a lot of work for me in 'Mann Ki Baat.' Look what Sandeep from Haryana has to say, “Sir, I want you to do 'Mann ki Baat' a weekly chore rather than a monthly program because we get very inspired by your words.”

Sandeep ji, what all will you make me do? I have to struggle even to make it to the monthly programme, have to make adjustments to my time-table. Sometimes, our friends at Akashwani have to wait for an hour or so. I still respect your feelings. I am thankful to you for your suggestion. For now, we will stick to the one month program only.

'Mann Ki Baat' in a way has completed a year. Do you know, how much did Subhash babu use the Radio? He started his own show from Germany and he would constantly update the Indian citizens about the Independence movement through radio. He started the Azad Hind Radio through a weekly news bulletin. English, Hindi, Bengali, Marathi Punjabi, Pashto, Urdu, he used to run the radio in all these languages.

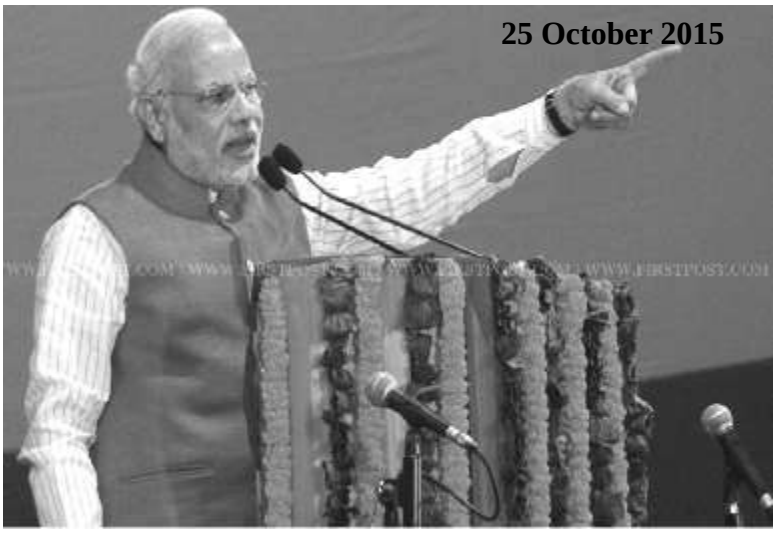
I have also completed a year since I started 'Mann Ki Baat.' My 'Mann Ki Baat' has in the true sense become your 'Mann Ki Baat.' I listen to you, I think for you, I look into your suggestions and that triggers a thought process in me which reaches you through Akashvani. I speak, but the words are yours and this gives me immense satisfaction. We shall meet next month again for 'Mann Ki Baat.' Your suggestions should keep coming in. The government gets benefited by your suggestions. It helps to initiate improvement. Your contribution is priceless for me.

Once again, many congratulations to all of you.

Thank you!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)



Namaskar to all my fellow citizens! Once again I have the opportunity of connecting with you through Mann ki Baat. Today the fifth "one day" cricket match is being played between India and South Africa in Mumbai. This series has been named as the 'Gandhi-Mandela' series. It is at an interesting point with both teams having won 2 matches each. So the last game is significantly important. My best wishes to all the players.

Today I would like to congratulate the friends at the Kannur centre of Akashwani. I started the Mann ki Baat and people started connecting with it. One of them was Shraddha Thamban from Kerala a grade 12 student. Kannur Centre invited her for a ceremony and a lot of feedback was received. It created an environment of belonging. Kannur centre appreciated the awareness of Shraddha and she was rewarded. The development at Kannur centre inspired me. I wish all the Akashwani centers pay attention to raise the level of awareness among the members and make them active in their region so that our aim of governance with public participation gets a boost. My heartfelt greetings and congratulations to the team at Kannur station of Akashwani

centre for their efforts.

I would like to talk about Kerala again. The girl students from Saint Mary Upper primary School from Chittoor in Kerala have sent me a letter. This letter is special in many ways. Firstly, these girls have created an image of Mother India by thumb prints on a huge piece of cloth. They have sent me the image of mother India. Initially I was surprised to see why they created a map of India using thumb prints. But when I read their letter, I realized how beautifully a symbolic message was given. It is not as if these girls have tried to just awaken the Prime Minister alone. They are trying to create awareness among the people in their region and their mission is organ donation. They are organizing a public awareness campaign for organ donation. They have organized plays for creating an understanding about organ donation. Organ donation should become a habit as well as an instinct. They have asked me in their letter to appeal to people about Organ Donation in Mann ki Baat. The octogenarian Vasantrao Sudke Guru ji from Maharashtra has been running a movement from a long time. He says that organ donation should be a celebrated as a festival. These days I get a lot of messages on phone calls also. Devesh from Delhi gas also sent me a similar message. 'I am very happy with the government's initiative on the organ donation and steps towards creating a policy on the same. The country really needs support in these things where people need to go out and help each other and the ambitious target of one per million organ donation is a very productive steps taken by the government.'

I feel that this topic is very important. The country needs more than 2.5 lakh kidneys, hearts and livers for donation per year. However in a country with 125 crore people; only 5000 transplants could take place. Each year about one lakh eyes are in need of a vision. And we are able to reach upto only 25,000 people who need it .It implies that we

are able to provide eye transplant services to only one out of the four needy persons. We should also know that if someone is killed in a road accident, then also the organs can be donated. There are some legal hassles involved. And efforts have been made to guide the states in this direction.

By reducing the paper work, some of the states have made a good effort in speeding up the process involved in organ donation. Today, I can say that Tamil Nadu today ranks first in the field of organ donation. Many social organizations and NGO's are doing commendable job in this direction. National Organ and Tissue transplant Organization (NOTO) has been established to encourage organ transplant. A 24×7 helpline facility is also available. Its number is 1800 114 770. And there is a saying 'Tain Tyakten Bhunjhita' (“What is given by Him, allotted to you, you enjoy that”). The joy of sacrifice is beautifully described in this mantra 'Tain Tyakten Bhunjhita'. In the past few days we saw on television that the wife of a poor hawker in Delhi received a transplant in Delhi's G.B. Pant Hospital. This liver was brought from Lucknow by making special arrangements. The transplant was successful. A life was saved. Organ donation is the biggest donation. Let us all realize the mantra of 'Tain Tyakten Bhunjhita'.

Dear countrymen, we recently celebrated the festival of Navratri and Vijayadashmi. And after some days we will celebrate Diwali too. We celebrated Eid and Ganesh Chaturthi too. But amongst all these another big festival is being organized which all our countrymen should be proud of. In the National Capital of Delhi an 'India Africa Foreign Summit' is being organized from 26th to 29th October. For the first time a program of this scale is being organized on the Indian soil. Leaders of 54 African countries and unions have been invited. This is the biggest conference of African countries outside Africa. India-Africa ties are deep. The African nations have a population equal to that of India. If both are combined together they make for a third of the world

population. And it is said that lakhs of years ago it was all one landmass. Later from the Indian Ocean two parts got separated. There are a lot of similarities amongst us. The bio diversity of both the nations is similar. Our natural resources are similar. And almost 27 lakh Indians have settled in these nations from a long time. India shares a lot of economic, cultural and political ties with the African Nations. But India plays the largest role in training the youth of the African countries. More than 25,000 African youths have studied human resource development and capacity building in India. And many leaders from Africa have studied in India. So you can understand the depth of our relationship. And from that perspective this summit is very important. Generally when there is a summit, leaders of various countries meet. Similarly, in this summit the leaders will be meeting. We are making efforts that the people should also meet. And this time, the Government of India, especially the HRD ministry has done something really commendable. An essay competition was organized among all the CBSE affiliated schools. A poetry competition was organized to increase their participation. Almost 1600 schools participated in the event. It included schools within and outside India. And thousands of children wrote on topics about strengthening the Indo Africa ties. On the other hand, a mobile exhibition called "Memories of Mahatma" starting from his birth place Porbandar and travelling through North is about to reach Delhi on 29th October. Lakhs of school children enjoyed this exhibition. The villagers also had a glimpse. People realized the importance of the role of Mahatma Gandhi in developing the ties of both India and Africa and also the effect of his personality on these nations. Some excellent creations were received in this competition. One of the creations drew my attention and I want to share it with you. It reflects the talent, the broad vision and the depth of thoughts of students from small cities. Garima Gupta from Muzzafarnagar, UP writes

beautifully and says-

The river in Africa is Nile and the name of the sea is Red, The Continent is Huge and the Indian Diaspora Happy Like the Indus Valley is recognition of India civilization River Nile and Carthage are synonymous with African civilization Gandhi ji started his revolution in Africa

He wove a spell and won everybody's heart Be it Johannesburg or Kingston, Zimbabwe or Chad In each African nation, we can find our Aloo chat To write, a thousand lines can be written But I want to mention that I love African jungles

The poem is very long, but I have read a few lines to you. Though it is an Indo – Africa summit but how this too can become an opportunity to connect people is clearly evident here. I heartily congratulate Garima, the students and more than 1600 schools who participated and HRD Ministry for this initiative.

Last time on 15th August I had proposed the Sansad Adarsh Gram Yojana. Since then, many parliamentarian friends have adopted it. They were deeply involved. Last month a workshop was organized in Bhopal. All the pradhans, collectors, parliamentarians of villages adopted under Adarsh Gram, the representatives of Indian government and state government, all had an in-depth discussion on this program. Many new and encouraging things came to our attention. I would like to bring to your attention a few things. Jharkhand, a huge state is primarily tribal. Unfortunately whenever one talks of Jharkhand what comes to mind is Maoism, violence, guns and blood soaked land. Many regions in the state have been ruined by these communist terrorists. But the MP from that place, a senior member who has also been our Deputy Speaker, Shri Karia Munda has dedicated his life for the tribals. He chose Parsi Gram Panchayat from Khunti district to be adopted for Adarsh Gram. It is difficult for government

officials to go to places ruled by the Maoists. Even the doctors cannot visit those places. He himself started travelling to this village, to instill faith and give a new lease of life to governmental organizations. He encouraged the officials to visit. He tried to change the mood of despondency and create a mood to achieve something. A successful effort has been made in Parsi village to create awareness along with infrastructure and organizational development. I would like to congratulate our Honourable parliamentarian Sri Karia Munda ji for the same.

I got similar information from Andhra too. The MP from Andhra Sri Ashok Gajapati Raju became involved in this plan and chose Dwarapudi Gram Panchayat from Vijaynagram district for the same. Other arrangements are in progress, but he did something really innovative. He gave a task to the students in the village school. The new generation in the village is fortunate to be educated but the older generation is not literate. So he asked the students of a higher age group to educate the parents. So in the morning they are students and by evening they become educators. And so, nearly 550 adults were taught by these children and made literate. Just see, no budget, no circular, no special arrangements but just will power brought about such a big change. This is amply demonstrated by the Dwarapudi Gram Panchayat.

Similarly, another respectable parliamentarian Sri C. L Ruwala ji, he is an MP from Mizoram, our North East. He chose Khwalahilung village for Adarsh Gram and ran a special initiative. This village is famous for sugarcane production and a Kurtayi jaggery. Sri Ruwala ji started a Sugarcane Festival on 11th March. All the people from the region came together for it. Senior members from social public life, retired government officials from the region also participated. They put up an exhibition on increasing sugarcane production. They discussed how the village could

be made the centre of economic activities and how it could market for its produce. I congratulate Ruwala ji for his efforts to make this village not only an Adarsh gram but self dependent village too.

My dear brothers and sisters, it is not possible that there be an episode of Mann ki Baat and we do not discuss cleanliness. Savita Rai from Mumbai has sent me a telephonic message – "each year on Diwali we clean our houses. This Diwali let us clean our environment along with our homes and maintain that cleanliness even after Diwali". She has drawn attention to this issue. I want to remind you my dear countrymen that last year in our country, the media ran a special campaign and showed all the places where crackers were lying and told that it was not the right thing. This was an awareness campaign launched by the media. As a result of it, soon after Diwali a cleanliness drive got initiated all by itself. So what you are saying is true that our concern before and after the festival should be the same. And we should express this concern on every public platform. And today, I especially congratulate all the members of the Indian media fraternity. This 2nd October, on Gandhi ji's anniversary and also on the completion of one year of 'Clean India Campaign', I had the fortune of participating in the 'Safaigiri Campaign' of the India today group. They gave away the Clean India Awards and I could see several initiatives being carried out. Different people were working as 'One Like, One Mission'. There are so many places in our country that have been kept so clean. All these things were brought to light and I offered my heartfelt appreciation to India Today group for their commendable efforts. Since the inception of the cleanliness drive I have seen that from Andhra and Telangana, ETV, Eanadu have participated whole heartedly and specially Sri Ramoji Rao who is very aged but beats any youth in his enthusiasm. He has made cleanliness his personal program, his mission. He has been promoting the cleanliness program through ETV for

the past one year. The newspapers carry news about them and he has emphasized on positive news about cleanliness. He has been successful in bringing together around 51 lakh children from 55-56 thousand schools of Andhra and Telangana to this mission. Be it public places, stations, religious places, hospitals, parks or other places, he ran a cleanliness drive. All these news exhibit the power to realize the dream of a Clean India.

ABP news has started a program called 'Ye Bharat Desh Hai Mera'. In this program they have shown how people have become aware towards cleanliness and through this they are trying to train people about keeping their surroundings clean. NDTV has started a campaign called 'Banega Swachh India'. Dainik Jagaran has also encouraged this campaign, so has Zee TV and India TV also started 'Mission Clean India'. Thousands of channels and newspapers in our country, I am unable to name them all due to time constraints, but they all have helped run this campaign. This is why, Savita Rai ji, the suggestion that you have given us; the whole nation has taken it upon them to do this work and taking it forward. The Governor of Meghalaya, Mr. Shanmuganthan, wrote me a letter and talked about a village in Meghalaya called Mavalyannong. He has written that from last many years, this village has set out on a mission for cleanliness and more or less every generation is completely dedicated towards this cause. He has also mentioned that a few years ago they also got the award for the 'cleanest village' of Asia. The idea of a far-flung village situated in the north-eastern region in Meghalaya, which has been particular about cleanliness since years, makes me extremely happy. This has become the habit and the culture of the village. This is what reinforces our belief that our nation will be clean one day, for sure. This will be possible because of the efforts of the people, and by the time we celebrate the 150th anniversary of Mahatma Gandhi, the 125 crore people of the country should be able to proudly

proclaim that we have made India clean.

My dear countrymen, I said this from the Red Fort on the 15th of August that there are few places where corruption is deep rooted. When a poor man goes for an ordinary job, he faces so many problems to get a decent reference and has to go through a team of agents who take money from him in exchange for the position he is applying for. He loses money whether he gets the job or not. We keep hearing things like these and this is when I had an idea, why do we need to interview people for ordinary jobs. I have never heard of any psychologist in the world who can analyze a person completely in a 1-2 minute long interview. With this thought I decided to do away with the tradition of interviews for small positions.

My dear young friends, I feel very proud to tell you all that the government has completed all the formalities and now there will not be any interview for the non-gazetted posts of group 'D', group 'C', and group 'B' in the Central Government. This will come into effect from January 1st 2016. We will not interrupt the ongoing procedures now but from January 1st, 2016, this will come into play. So, let me congratulate all my young friends for the same.

We had, anyways, declared an important scheme in the last budget. In our country, gold has become a part of our social life. Gold is considered the medium of financial security. Gold is considered to be the solution for difficult times. This has been an age old tradition. I don't believe that anyone can reduce this love for gold that we have developed but keeping gold as dead-money does not suit today's generation. Gold can become our strength. It can become our financial strength. Gold can become the financial property of the nation and every Indian must contribute to this. I am happy that the promise that we made of introducing important schemes, we will do so around Diwali and Dhanteras when

people buy specially buy gold. We have introduced a 'Gold Monetization Scheme'. Under this scheme, you can deposit your gold in a bank and the bank will give you interest, same as you deposit your money and get interest from the bank. Earlier, we used to keep our gold in the lockers and paid for the lockers ourselves. Now, when you keep your gold in the bank, the bank will give you money as interest. Now, tell me countrymen, can gold become a property or not?

Can gold be converted from dead-money to a live strength or not? This is exactly what we have to do and you must stand with me. Do not keep your gold in your homes. Avail dual benefits, its security and interest on the gold. You must avail this opportunity. Another thing is, in Sovereign Gold Bonds, you do not really get a physical gold in your hand. You get a sheet of paper and the value of that paper is equivalent to that of the amount of gold and the day you return that paper, you will get the amount that is equivalent to the value of gold on that particular day. Let us assume, you buy a gold bond worth Rs. 1000 and five years later you go to return that bond and at that time the rate of gold is Rs. 2500, you will receive an amount of Rs. 2500 in exchange of that bond. So, we are introducing this scheme now. Due to this scheme, we will not have to buy gold now. We will not have to secure our gold now. We will not have to worry about where to put the gold and no one will come to steal the papers. In the coming week, I will certainly put forward this scheme that guarantees security to the people of this country. I feel very glad to tell you that we are also introducing Gold Coin, a gold coin with Ashok Chakra. It has been around 70 years of independence but we are still using a foreign gold coin only or the Gold Bullion Bars, these are also used by the foreigners. Why should it not have the national emblem of our country? This is why we are introducing it in the market and it will be available for the citizens in the coming week, before Dhanteras – 5gm and 10gm of gold coins with Ashok Chakra are being

introduced. Along with it a 20 gm Gold Gunion will also be available for the people. I have full faith that this new scheme will usher a new change in the financial development of the country and I will get your support in this.

My dear countrymen, 31st October is the birth anniversary of the Iron-Man of India, Sardar Vallabh Bhai Patel. “Ek Bharat, Shreshtha Bharat.” A complete layout of India unfolds in front of us when we talk about Sardar Vallabh Bhai Patel. This great man has contributed a lot in building the unity of India. He has proven his capabilities as the Iron-Man of India. We will certainly pay tribute to Sardar Sahab but along with that his dream of seeing India integrated, he made it possible geographically. But this mantra of unity should be a continuously present in our thoughts in our minds, behaviour and our expressions. India is full of diversities. Many sects, communities, languages, castes, attires, and it is this diversity that adds to its charm. If it was not for this diversity, we wouldn't have been this proud of our country. This is why diversity is the mantra of unity. Peace, social harmony, unity, these are essential elements of a society. Since last many years, 'Run for Unity' programs have been organized in various parts of the country on the 31st of October. 'Ekta ki Daud' – I also had a chance to run in one of these earlier. I have heard this year also, this race is being planned at many places. People are excited to be preparing for this race. In the true sense 'Ekta ki Daud' is the true race for development. In other words, the guarantee for the race of development lies in the race of unity. Come…let us pay tribute to Sardar Sahab. Let us take forward the mantra of unity.

Dear brothers and sisters, you must all be busy in the preparations for Diwali, houses must be getting cleaned. You must be shopping for new things. The festival of Diwali is celebrated in various ways all over the country. I extend my good wishes to you on this pious festival. We also get to hear

of a few accidents around the time of Diwali. Fire breaks out due to firecrackers or lamps. Especially children suffer a lot because of fire crackers. I will suggest all the parents to be careful along with enjoying Diwali 2and see to it that the kids should not get hurt or any untoward incident should not happen and we lose our child due to accidents. I know you will be careful about this and of course about keeping the environment clean.

My dear countrymen, I have to leave for a trip to Britain on the next day of Diwali. I am very excited about my Britain trip this time. There is a reason behind my excitement. A few weeks back I went to Mumbai to inaugurate a magnificent memorial of Dr. Baba Bhimrao Ambedkar near his 'Chaitya Bhoomi'. Now, I am going to London to formally inaugurate the house where Babasaheb used to stay, which has now become the property of India, an inspiration for 125 crore countrymen. Be it a dalit, an underprivileged, a victim, a bereaved, or any Indian who is leading a difficult life. This house inspires us to believe in the fact that if one has a strong will power, we can overcome the difficulties to tread on the path of success, one can get educated and this is the very place where Babasaheb Ambedkar used to meditate. The Indian government and the government of different Indian states give scholarships to such promising students who go abroad to study and who belong to the dalit community, the tribal community or any other under privileged community. I believe that when these kids go to Britain to study, this memorial of Babasaheb will become a pilgrimage for them, it will become a source of inspiration. Whatever you learn in life, you must use it later for the nation and live for your nation, Babasaheb gave this message and even lived it himself.

This is why I am saying that I am very excited about my Britain trip this time. This issue has been lying entangled since many years, now it has become the property of 125

crore countrymen and if the name of Babasaheb Ambedkar is attached, you can imagine how happy it makes me. I am going to get another opportunity in London, the unveiling of the statue of Lord Vishweshwara. Many years ago, what Lord Vishweshwara had done for democracy and empowerment of women can make for a very good subject to study in the world. The unveiling of the statue of Lord Vishweshwara on the land of London is in itself a perfect example of the fact that the great men of India were very far-sighted. Now you see, when such incidents are connected, how excited we get.

My dear countrymen, you are connected with us through "Mann ki Baat." I keep getting your suggestions through telephone and mygov.in. Your letters are also discussed on Akashvani. Government officials are called in and discussions are held. Some people write down their grievances, there are efforts to solve their problems as well. We should learn more than one language in a country like India. I am fortunate enough to have learned a few languages, but still there are so many languages that I could not learn. I am indebted to Akashvani because they broadcast this program of "Mann ki Baat" by 8 o'clock in every state in their regional languages. Even though a different voice is used but the thoughts are mine.

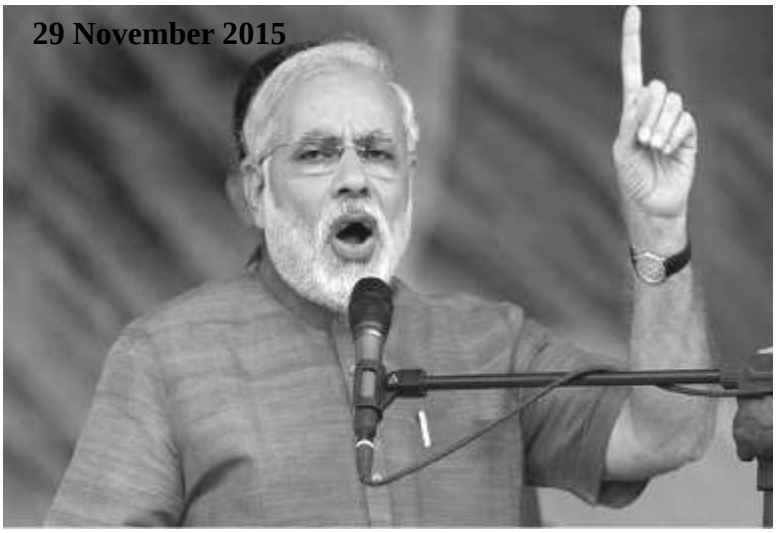
I will try to make it reach out to you in your language. We have formed a beautiful bond between us. Last time I had completed a year in power. This year we are entering a new year. A heartfelt congratulations to all my countrymen once again!

Jai Hind.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

29 November 2015



My dear countrymen, Namaste!

I believe you must have had a great time during your Diwali vacations amidst all festivities. You must have had the opportunity to visit some other places. The new trades and jobs would have commenced with renewed vigour. On the other hand Christmas preparations must have started too. Festivals have their own significance in social life. Sometimes festivities help to heal wounds and sometimes they are source of renewed energy. But sometimes when a calamity strikes during festivities then it is very painful and it feels even more. There is continuous news of natural calamities from various parts of the world. And sometimes the news is very bizarre, never seen or never heard of. We are now realizing the effects of climate change very rapidly. In our country itself, we have experienced torrential rains, that too without season and for a very long duration. Tamil Nadu has suffered heavy losses and other states suffered too. Many people lost their lives. My heart goes out to all those people in this hour of crisis. The state governments have braced themselves up for rescue and relief work. The Central government too has joined them in their efforts. Right now, a

team of the Central government officials are in Tamil Nadu. But I have full faith in Tamil Nadu's potential and know that post this crisis it will rise again and speedily move forward and will continue to deliver in its role of taking the country forward.

Now when there are talks of such crisis all around, we feel the need to bring in a lot of change. About 15 years back natural calamity was a part of the Agricultural Ministry's realm because most of the calamities were limited to famine. But today, its form and format has changed. It has become important to work on our capacity building at every level. The government, civil society, the citizens, and the small organizations will all have to work for capacity building through scientific temperament. After the Nepal earthquake I talked to Pakistan's Prime Minister Nawaz Sharif. I suggested that the SAARC nations should come together for a joint exercise on disaster preparedness. I am happy that a seminar workshop on table talk exercises and best practices was organized in Delhi. This is a good beginning.

Today, I received a phone call from Lakhwinder Singh from Jalandhar, Punjab. “I am Lakhwinder Singh from Jalandhar, Punjab. We do organic farming in our fields and also guide a lot of others regarding it. I have a question “how to guide people that burning of farm remains or straw not only destroys the micro organisms of the soil but also contributes to the pollution in Delhi, Punjab and Haryana. Lakhwinder Singh ji, 'I am happy to hear your message. I am happy that, you are a farmer engaged in organic farming. And not just that, you also understand the problems of the farmers really well. Your concerns are right but this just does not happen in Punjab and Haryana alone. It is a practice in the entire country and traditionally we follow this method of burning off the remains of the crops or the straw. Initially we were not aware of the damage. We did it because the others did it. Secondly, people are not aware of the available solutions. They have not

been trained about it. And this practice kept on spreading and now it is contributing to global climate change. And now we are hearing more about it because it is affecting the city life too. But the concern you have expressed is genuine. So the first solution is that the brothers and sisters engaged in agriculture need to be trained. They will need to face the truth on their thinking that burning the remains of crops helps save time and effort and prepares the field for the next crop. But this is not the truth. The remains of the crop are themselves very valuable. They are organic fertilizer themselves. We are wasting them. Not only this, if they are chopped into small bits, they can act as a dry fruit for cattle. Secondly because of burning this the top soil gets burnt.

My dear farmer brothers and sisters, just think that if we have strong bones, strong heart, strong kidney, an overall good system but our upper skin gets burnt then what will happen? Even if the heart is strong, we will not be able to survive. So burning the stump of crops not only burns them, it burns the skin of our motherland. The top soil of our land is burnt which pushes our fertile soil to death. Hence, some positive efforts need to be made. If these remains are once again buried inside the soil, then it will turn into fertilizers. If they are put in a pit and left with earth worms and little water, good quality organic fertilizer can be made. So it can be used not only to feed the animals, and save our land but also to create good fertilizer. If this is added to the soil, it will be doubly beneficial.

Once I had the opportunity of talking to farmers involved in Banana cultivation. And they shared a very good experience. Earlier as they cultivated banana, when the crop was over, the stumps of the tree would remain. To clear the stumps from the fields they had to spend 5,000, 10,000 or 15,000 rupees per hectare. And till the time the people who would clear these stumps would not come with tractors, the stumps would remain standing for long. But some farmers

chopped those stumps into 6-6, 8-8 inch pieces and buried them inside the soil. They experienced that the banana stumps held so much water in them that no external water supply was needed for three months. Any plant or any crop sown over those stumps could flourish without water. The water in the stumps kept the crops alive. And now even their stumps are expensive. They are now a source of income. Earlier they had to spend money on clearing those stumps, now those very stumps are a source of revenue. A small experiment can turn lucrative, our farmers are no less than scientists.

Dear countrymen, the entire world will remember 3rd December as “International Day of Persons with Disabilities”. Last time in 'Mann ki Baat' I talked about organ donation. I talked about the NOTO helpline for 'Organ donation'. I have been told that after that session the number of phone calls increased 7 times and the number of hits on the website increased 2.5 times. 27th November was celebrated as 'Indian Organ Donation Day'. Many famous personalities including actress Raveena Tandon became a part of it. 'Organ Donation' can save many valuable lives. Organ donation can bring about immortality. When an organ moves from one body to another it gets a new life but the person receiving it gets a new lease of life. There can be no greater donation than this. I would like to inform those waiting for organs and those willing to donate that a national registry for organ transplantation has been launched on 27th November. Mygov.in organized a logo, donor card and slogan design competition for NOTO and it was surprising to me that so many people participated and presented their ideas in such innovative ways with such compassion. It is my faith that awareness in this field will increase and the needful will receive the best of help in true sense. This help cannot be obtained till someone donates their organs.

Like I said earlier, 3rd December is being celebrated as “International Day of People with Disability”. People with

physical and mental disabilities are capable of unparalleled courage and capability. Sometimes it hurts when they are laughed at. Sometimes someone expresses pity and sympathy. But if we change our outlook and our perspective towards them, then these people can inspire us to live. They can inspire us to do a lot. We start crying even when small misfortune befalls us. Then we realize, our problem is so small but how does he survive? How does he live? How does he learn? And hence all of them are a source of inspiration to us. Their will power, their struggle with life and their zeal to transform crisis into opportunity is worth lot of praise.

Today, I want to talk about Javed Ahmed. He is 40-42 years old. In 1996, the terrorists had shot Jawed Ahmed in Kashmir. He was a victim of the terrorists but he survived. But the bullet damaged his kidney and a part of the intestine was lost. He suffered serious spinal injury. He lost the ability to stand on his own feet, but Jawed Ahmed did not concede defeat. The grave injury caused by terrorism could not deter him. His zeal is commendable, but above all is the fact that an innocent man had to face such a predicament, his youth is in danger yet he harbors no grudge and no anger. He turned this crisis into compassion and dedicated his life to social work. The body does not support him but for the past 20 years he has devoted himself to child education. How to improve the infrastructure for the physically challenged? How to develop systems for the disabled in government offices and public spaces? He is working on those issues. He turned the focus of his educational qualification in those areas. He took a masters degree in social work and is now leading a silent revolution as a messiah of the disabled, working as an informed citizen. Is his life not enough to inspire us in every corner of India? I especially remember the life of Jawed Ahmed, his dedication and devotion especially on every 3rd December. I am mentioning just the case of Jawed because of lack of time but such lights of inspiration are prevalent in every corner of the

country. They are giving a new lease of life and illuminating the path for others. 3rd December is a day to remember all such people and get inspired by them.

Our country is very large. There are many things for which we are dependent on the government. Be it someone from middle class, lower middle class, dalit, exploited, victim or deprived, they have to continuously be in touch with the government or its various organizations. And as a citizen we surely have a bad experience with a government official in our lifetime. And that one experience shapes our perception of the government system for a lifetime. There is some truth to it. But at the same time within this governmental system there are lakhs of people who by their sense of duty, their dedication do some amazing work which does not get recognized. Sometimes it happens so naturally, it is so organic that one does not realize some government employee has done it.

In our country there is a network of ASHA workers. We have never discussed them in our country and I too have neither heard about them nor would you have. The success of the works of the entrepreneur couple Bill and Melinda Gates through their foundation has become an inspiration. Last year we honoured them with a joint Padma Vibhushan. They do a lot of social work in India. They are spending their entire retirement time and whatever they have earned on working for the poor. They are so full of praise for the ASHA workers they work with. They talk about their dedication and hard work and their zeal to learn about new things. They are full of such stories. In the past, the Orissa government especially facilitated an ASHA worker on Independence Day. She hails from a small village Tenda Gaon in Balasore district where most of the population is scheduled tribe. There the people are poor and the area is malaria infested. The ASHA worker Jamuna Manisingh decided that she will not let anyone die of malaria. She would go to each household and would be the first one to reach if there was news of fever in any household.

She would put to use the primary training she received and give treatment accordingly. She would reach out to every household to use mosquito repellent and mosquito nets. The way we care for our kids and their sound sleep, Jamuna Manisingh would work with the same dedication for the entire village. She fought with Malaria and prepared the entire village to fight against it. There might be so many "Jamuna Mani". There might be lakhs and lakhs of people around us. Let us show respect to such individuals. Such individuals lend power to our nation. They are partners to the joys and sorrows of others. I applaud all such ASHA workers through the story of Jamuna Mani.

My dear young friends, who are especially active on the internet and the social media, I want to inform that I have kept 3 e-books on mygov.in. These e-books are about inspiring stories of Swatch Bharat, health sector and the Sansad Aadarsh Gram Yojana. I request you to see it. Just don't see it, show it to others too. Read it and may be you may find something to connect with it. Please do send it to Mygov.in. Such things do happen though we may miss them, but they are the actual strength of our nation. Positive power is the biggest energy. You also share good episodes. Share these e-books, discuss these books and some enthusiastic young man can narrate these to the students of VIII, IX or X standard in the nearby schools. So you can become a social teacher in the truest sense. I invite you to come and become a part of nation building.

My dear countryman, the entire world is worried about climate change. Climate change, global warming is being discussed at every nook and corner and now it has become an accepted standard for embarking on any new task. The earth's temperature should not rise anymore. This is everyone's concern and responsibility too. And to save us from rising temperatures, the first step is "energy conservation. 14th December is "National Energy

Conservation day". The government is running many schemes. There is a scheme of increasing L.E.D bulb usage. I had once mentioned to switch off the street lights on a full moon night and enjoy the moonlight for an hour. One should enjoy the moonlight. Some friend of mine had sent me a link and I had the opportunity to see it. I really wanted to share it with you. The actual credit goes to Zee News because the link was of Zee News. There is a woman Noor Jahan in Kanpur. Watching her on television it seemed that she did not have much of a chance to get education. But she is doing something which no one would have thought of. She is utilizing the Solar Energy of the Sun to illuminate the houses of the poor. She is fighting darkness and bringing light to her own name. She has formed a Samiti (committee) of women who manufacture lanterns that run on Solar Energy. They rent the lantern for Rs. 100/- per month. People take the lanterns in the evening and return them in the mornings for recharging. I have heard that people in large numbers around 500 people are using these lanterns. In an expense of Rs. 3-4 per day the entire house is illuminated. Noor Jehan works the entire day to recharge the lanterns in the solar energy plant. See what the big people of the world do for climate change. Maybe Noor Jehan can act as an inspiration to many for the kind of work she is doing. And actually, Noor Jehan means the light of the world. She is spreading light through her work. I congratulate Noor Jehan and Zee TV that they presented this effort which was going on in a remote corner of Kanpur to the country and the world. Many congratulations to you.

I received a phone call from Mr. Abhishek Kumar Pandey from Uttar Pradesh. "Namaste! I am Abhishek Kumar Pandey calling from Gorakhpur. I am working here as an entrepreneur. I want to congratulate the Prime Minister for starting a programme MUDRA bank. I would like to know from the Prime Minister how this MUDRA bank can support entrepreneurs like us. What kind of cooperation can we

expect? Thank you, Abhishek ji. You sent me a message from Gorakhpur. The Prime Minister MUDRA fund is about funding the unfunded. Those who do not get funds may get funds. To put plainly the objective is 3E; Enterprises, Earning, Empowerment. MUDRA is meant to encourage enterprise; it is about creating earning opportunities. MUDRA will empower in the truest sense. It is meant to help the small scale enterprises. This initiative is yet to achieve the speed that I have aimed for. But the start has been good. Till now 66 lakh people have received 42,000 crore rupees through Pradhan Mantri Mudra Yojana. It can be a washer man, a barber, a newspaper vendor, milkman, just about anybody engaged in small enterprise. I am happy that out of the 66 lakh recipients 24 lakh were women. And most of the beneficiaries are from the SC, ST, OBC category who want to work hard and run their families independently. Abhishek has himself narrated his excitement. I too keep receiving various news. Someone just told me that there is one Shailesh Bhosle in Mumbai. He received a loan of 8.5 lakhs from MUDRA scheme. He started the sewage dress and cleanliness business. I had told about my cleanliness campaign that it will create new entrepreneurs. And Shailesh Bhonsle proved it. He has purchased a tanker and I have been told that he has already returned 2 lakh rupees in such a short span of time. This is our intention behind the MUDRA scheme. I have been told about Mamta Sharma from Bhopal. She received Rs 40,000 from the MUDRA Yojana. She is into the business of making purses. But earlier she would borrow money at high rates and barely manage her business. Now that she has a large sum of money in her hand, her work is going on smoothly. Earlier the money that was lost in paying high interest and for other reasons could now be saved. She was able to save around 1000 rupees every month. The family's new enterprise started developing. But I want that this scheme is promoted more. Our banks should become more sensitized and should help

more and more people. Actually, it is this people who run the economy. The people engaged in small enterprises give strength to the nation's economy. We want to strengthen these people. Whatever has happened is good, but more good needs to be done.

My dear countrymen, on 31st October on the Anniversary of Sardar Patel I had discussed about – "Ek Bharat Shreshtha Bharat" (One India, Best India). Conducting such events creates continuous awareness in social life. "Rashtram Jagryam Vyayam: means "internal vigilance is the prize of liberty". This tradition should be followed for national unity. I want to give "Ek Bharat Shreshtha Bharat" (One India, Best India) the form of a specific scheme. Mygov had invited suggestions about it. What should the structure of the programme be like? What should be the logo? How to increase public participation? What should be its structure? I have been told that many suggestions have been received. But I am expecting more suggestions. I expect more specific schemes. I have been told that the participants will all receive a certificate. Many big prizes have been announced. You also utilize your creative mind. How can we make this mantra of Ek Bharat Shreshtha Bharat (One India, Best India) that connects each and every Indian? What should be the programme and what should be the plan. It should be grand and full of life. It should be simple and effective to be able to connect everyone. What should the government do? What should be done by the Civil Society? There can be many ideas. I have complete faith that your ideas will be really useful.

My dear brothers and sisters, the winters are about to start. But it is also the season to enjoy eating and enjoy dressing. But I would request you to do exercises. I request you to utilize this good season for some kind of physical activity and exercise. Create this type of mood in the family, make it a celebration, all should get together for an hour to do

these exercises. See how there will be an awakening. And see how your body helps you throughout the day. So make a good habit in this good season. My good wishes again to all my dear countrymen.

Jai Hind!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

27 December 2015

Fellow citizens, Namaskar to all. This will be the last edition of Mann ki Baat in 2015. The next edition of Mann ki Baat will be in 2016. We celebrated Christmas and preparations are now on to ring in the New Year.

India is land of diversities.. We celebrate a whole lot of festivals. One is not done with one festival, in the mean time the second one comes along. In a way one festival leaves us waiting for another. At times it feels India is one such country which has a 'festival driven economy'. It becomes a source of the economic activities for even the poor sections of the society. Greetings from my end for a Merry Christmas to all Indians and I also wish you all a Happy New Year. May 2016 usher in lots of joys in your lives. I hope that new zeal, new excitement and new pledges may take you to new heights. May the world be free of crises, be it from terrorism, from global warming or from natural calamities or manmade tragedies. There can be no greater happiness than the humanity having a peaceful existence.

You are aware that I use a lot of technology which

provides me lots of information. I keep a watchful eye on my portal “My Gov”.

Mr. Ganesh V. Savleshwarkar has written to me from Pune that this season is a tourist season. A large number of foreign and domestic tourists travel across the country. People also travel to celebrate Christmas vacations. He says most of the facilities related to tourism are catered to but special emphasis should be laid on cleanliness at all places which are tourist destinations or famed tourist places, religious destinations or stay over's. India's image will be enhanced if the tourist destinations are clean. I appreciate the views of Ganesh jee and convey this message to the people of our country. We say, “Atithi devo bhava” and just imagine how we strive to keep our homes neat and clean when a guest is due to arrive. In a similar manner, the onus is on us to maintain our tourist destinations and pilgrim tourism sites neat and clean. I am very happy that a lot of news stories related to cleanliness keep appearing in the media space. From day one, I have thanked our media friends since they have brought many such small and good success stories before the people. I have come across a nice story in the newspaper and I would like to narrate it with the fellow citizens.

Dileep Singh Malviya is an elderly artisan from Bhojpura village in Sehore district of Madhya Pradesh. He is a mason by profession to earn his livelihood. He did something so different that the newspapers printed his story. And when it came to my notice, I wanted to share this story with you. Hailing from a small village, Dileep Singh Malviya decided that if anyone provides materials for toilet in the village, he will render his labour services free of cost. And hats off to him, he has constructed 100 toilets in Bhojpura village so far taking it as a divine cause and providing his labour services without charging a penny. My heartfelt congratulations to Dileep Singh Malviya for his earnest

efforts. Sometimes we hear disappointing news about our nation. But there are thousands of people like Dileep Singh who are doing something good for the nation on their own. This is the power of the nation. This is the hope of the nation and these are the things which carry the nation forward and it is natural that we applaud Dileep Singh and his efforts in Mann ki Baat.

Due to tireless efforts of many people the nation is making rapid progress. 125 crores Indians are not only marching together but they are taking the country forward too. Better education, best talent and new opportunities of employment are being created. Be it providing insurance cover to citizens or providing them banking facilities, be it the 'Ease of Doing Business' in the world horizon or making facilities available for new businesses, we have done it all. People from normal backgrounds who could not step inside banks can now avail loan facilities from the "Mudra Yojana."

Every Indian is proud to know how the world is accepting and getting attracted towards Yoga. When the world celebrated "International Yoga Diwas" and the entire world got associated with it, we became proud of our country. Such emotions arise when we see the enormity of our nation. No one can forget the story of Krishna and Yashoda where he opened his mouth and the mother was able to see the entire universe, and then only his power could be realized. The Yoga incident was a similar reminder.

The concept of cleanliness is being echoed in every household. The participation of citizens is also increasing. Many villages receive an electric pole after so many years of Independence. Those of us who live in cities and are so accustomed to using electricity that we don't realize the extent of happiness and excitement when darkness is removed from our lives. The power department of the state and Indian government were functional earlier as well but from the day

1000 day target to provide electricity to every village has been set, we get news everyday that power supply is available in some or the other village and the happiness of the inhabitants' knows no bounds. The media has not discussed this topic. But I am sure that media will definitely reach such villages and will inform the nation about the happiness and excitement of the people there.

The biggest achievement of this task is that the government officials involved in this task will have immense satisfaction that they have done something which will bring about such a big change in the lives of the people and the village itself. Be it the farmers, poor, young or women, should such things reach them or not? Such news should reach them not to highlight any government's achievement, but to make them aware of their rights. They should not let go if it is their right. People should get information in order to avail their rights. We should all make efforts that right information, good information and information useful to the common man should reach as many people as possible. This is also a kind of service. I too have tried to do this work from my end. I cannot do everything alone by myself. But if I am saying then I should at least do something. Even a common man can download the Narendra Modi App and get connected to me. And I can share these small things with you through the app. And it is a matter of happiness for me that people share all the things with me. You too get connected with this initiative, we have to reach 125 crore Indians. How will I reach without your help? Come, let us collectively do such things of interest for the common man in their language and inspire them to avail things which are their rights.

My dear young friends, I had some preliminary discussions about “Start-up India, Stand-up India” in my speech on 15th August from the Red Fort. After that all government departments started discussing it. Can India become a “Start-up Capital'? Can our states work together for

new Start-ups for youth, and encourage innovations with start-ups, be it in the manufacturing sector, service sector or agriculture. Everything should be new, new ways and new thinking – after all the world does not move ahead without innovation. “Start-up India, Stand-up India” brings in a huge opportunity for the young generation. My dear young friends, the government will launch the entire action plan for “Start-up India, Stand-up India on 16th January. What it will be, how it will be and why it will be? You will be presented with a structure. In this program all the IIT's, IIM's, Central Universities, NIT's, wherever there is young generation, they will be brought together via live connectivity.

There is an established thinking regarding the Start-ups that they are meant only for the digital world or the IT profession. This is not true at all; we need to modify it according to the needs of India. For example, when a poor person works somewhere as a labourer and there is a lot of physical effort involved but if a young man innovates something which can reduce the physical effort and help the labourer- I will call it as a Start-up. I will ask the bank to help such an individual and I will tell him to move ahead with courage. You will get the Market. Similarly is the intellectual wealth limited to a few selected cities or what? This thinking is wrong. The Indian youth all over the country has talent, all they need is opportunities. This “Start-up India, Stand-up India” should not be limited to a few cities only. It should spread to every corner of India. And I will request the state governments to take this forward. I will definitely interact with you on 16th January and will discuss this in detail. Your suggestions are always welcome.

Dear young friends, 12th January is the birth anniversary of Swami Vivekananda. There are thousands like me who draw inspiration from him. Since 1995, 12th January, the birth Anniversary of Vivekananda is celebrated as the National Youth Festival. This year it will be organized from

12-16th January in Raipur district of Chhattisgarh. This is a theme based event and I have got the information that this time they have a very good theme and that is “Indian Youth on Development Skill and Harmony”. I have been told that 10,000 young people will gather from all over India. A mini-India will be created there. They will share dreams together. A feeling of determination will be experienced. Can you give me suggestions regarding this youth festival? I would request the youth to send me their suggestions directly on the “Narendra Modi App”. I want to gain an insight into your understanding. And that it gets reflected in the Youth Festival, for that I will give the government reasonable suggestions and information. So I will wait dear friends for your suggestions on the youth festival on the “Narendra Modi App”.

Dilip Chauhan, from Ahmedabad, Gujarat, who is a visually challenged teacher, celebrated 'Accessible India Day' in his school. He called me up to express his feelings:

“Sir, we celebrated Accessible India Campaign in our school. I am a visually challenged teacher and I addressed 2000 children on the issue of disability and how we can spread awareness and help differently-abled people. And the students' response was fantastic, we enjoyed in the school and the students were inspired and motivated to help the disabled people in the society. I think it was a great initiative by you.”

Dilip ji, thank you very much. You are yourself working in this field. You understand everything and you must have faced a lot of difficulties too. Sometimes when we meet someone with different ability in the society then a lot of things come to our mind. We express our perception of him based on our thinking. There are some people who lose a limb or body part in an accident. Some people are born with some defects. And for these people different terms are used and a lot of thought goes on behind the usage of these terms. All the time people feel that this kind of identification does not sound nice

and respectable. At some point we heard handicapped, then it was disabled and somewhere it is specially-abled, so many terms have been used. It is true that words have their own significance. This year when the government of India started the 'Sugamya India' programme, I was supposed to attend it, but could not make it, because of severe floods in Chennai and other areas of Tamil Nadu. However, since I had to attend that program some thoughts kept coming in my mind. That time, I thought that we call or know those people as handicapped since they are lacking in some ways in terms of their body structure or whose organs do not function properly. However, at times when we interact with them, we realize that we see only the deficits with our eyes but God has certainly bestowed them with some extra powers. God has bestowed upon them some different power which we cannot see with our eyes, but it is only when we see them working do we realize their talent. We think O Great! Look how he works. So I thought that upon looking at them with our eyes we feel that they are handicapped, but experiences tell us that they have some extra power. So I thought why not use the term 'Divyang' instead of 'viklang' in our country. They are those people who have one or more such organs which have divinity, where divine power flows which we normal bodied people do not have. I like this term. My dear countrymen can we make it a habit to use the word 'Divyang' and make it popular. I hope that you will take this forward.

That day we started the 'Sugamya Bharat' campaign. Under this campaign we will improve both the physical and virtual infrastructure and make it accessible for the 'Divyang' people. Be it schools, hospitals, government offices, bus depots, railway stations, everywhere ramps, accessible parking, accessible lifts, Braille, many amenities will be made available. To make things Sugamya – we need innovation, we need technology, we need systems and we also need empathy from people. We have taken the initiative.

We are receiving public participation too. People like it. You too can join in the manner you deem fit.

My dear countrymen, the government schemes will continue exist and run, but it is necessary that these schemes always remain operational. The schemes should be operational till the last mile individual has benefitted from them. They should not have a dead existence in government files. After all, these schemes are meant for common man, the poor people. In the past few days the government has made an effort to ensure that the benefits of schemes reach out to the rightful owners. In our country, we give subsidy for the gas cylinders. Crores of rupees were spent on it but we did not know if it reached the right people or not, if this subsidy reached people on time or not? The Government has made some changes in the scheme. The government undertook the largest 'Direct Benefit Transfer Scheme' to provide subsidy directly in the bank accounts of the beneficiaries with the help of 'Jan Dhan Account' or 'Aadhar Card' etc. I am happy to share with the countrymen that this scheme has earned a place in Guinness Book of World Records as the largest Direct Benefit Transfer Scheme which has been implemented successfully. This scheme is known as 'Pahal' and this experiment has been very successful. Till November end, around 15 crore LPG customers have become its beneficiaries. The government money is being directly transferred to the accounts of 15 crore beneficiaries. No middlemen nor any recommendation, nor any possibility of corruption. On one hand was the Aadhar Card Scheme, and on the other was the Jan Dhan Account. Thirdly the state and Indian government compiled the lists of beneficiaries. That was connected to account and Aadhar. This work is still in progress. Nowadays, even the MNREGA scheme, which provides employment opportunities in villages, is being connected to it. There were lots of complaints about this scheme. In many places the wages of the labourers is now

My dear countrymen, this is my first Mann Ki Baat of 2016. Mann Ki Baat has bonded me with you all in such a way that any idea that comes to me, I feel like sharing with you. Yesterday, I went to pay homage to respected Bapu at Rajghat. Every year we pay tributes to the martyrs on this day. Observing 2 minutes silence at sharp 11 A.M. is an occasion to express our gratitude to great and brave men, sages and saints who have laid down their lives for the country. However if we see, there would be many among us who won't have maintained this 2 minutes silence. Don't you think that it should become a habit and we should take it up as a national responsibility? I know that this will not happen with just one Mann Ki Baat. However, I thought of sharing what I felt yesterday. And these are the thoughts that inspire us to live for the country. Imagine 125 crore Indians, observing silence for 2 minutes at 11 A.M. on January 30. You can imagine the kind of power this event may have. And it is true what our scriptures have said- "....." – "May you move in harmony, speak in one voice; let your minds be in agreement". This is the true strength of a nation and the inspiration comes fom such events.

My dear countrymen, I was trying to understand the thought process of Sardar Patel a few days ago when some of his ideas grabbed my attention. With regards to khadi, Sardar Patel said, “the freedom of India lies in khadi, India's culture also remains in khadi; non-violence, the ultimate religion that we believe in India, is also in khadi; and the farmers of India for whom you show so much of emotion, their welfare too lies in khadi”. Sardarji used simple language to put across his message in a clear way and he explained the importance of khadi in a proper way. Yesterday on 30th January during the occasion of death anniversary of respectful Bapu, I made an attempt to reach out to as many people associated with khadi and rural industries by writing letters to them. Well, as you knowBapu was a supporter of science, so I also used technology as a medium to reach these lakhs of brothers and sisters. Khadi has now become a symbol, it has a different identity. Now, khadi is becoming the centre of attraction for the young generation and has become a perfect solution for those who have an inclination for organic and holistic health care. Khadi has carved out a niche for itself in the fashion world. My greetings to the people associated with khadi for their earnest efforts to bring something new in khadi. Market has its own importance in the economy. In addition to the emotional value, it is important that khadi makes a mark in the market itself. When I told people that you have so many different types of garments, then you should have khadi as well. And now people are understanding that if they can't become a person using khadi only, they can however have atleast one khadi in addition to the several garments in their closet. The Government organizations are witnessing a positive trend for khadi. You may recall, many years ago, khadi was used extensively in the government organizations. However, it slowly began fading out of the scene in the name of modernization and those associated with the Khadi industry were losing jobs. Khadi has the potential to provide

employment to millions. Few days ago, Railway Ministry, Police Department, Indian Navy, Postal Department of Uttarakhand and many such government organizations took intiatives to promote the use of khadi. And I was told that, efforts from the government organizations will result in more work for people in this sector, will generate employment of additional 18 lakh man days to fulfill the requirements, serve the needs of the government, which in turn would be a big jump in itself. Respected Bapu was always aware and insistent of technological up-gradation and also remained in the forefront for the same. And this is why, with constant development, our 'Charkha' has arrived to where it is now. Running charkha with solar and linking solar energy with Charkha have become a successful experiment. It has made it more efficient, production is higher and there is an enhancement in quality of the yarn. I have received many letters especially on the solar charkha. Geeta Devi and Komal Devi from Dausa in Rajasthan, and Sadhna Devi from Nawada district in Bihar have written to me saying that slar charkhas has made remarkable changes in their lives. “Our income has doubled and there has been a rise in demand for our yarn”. All these things adds to enthusiasm. And on January 30, when we rememeber Respected Bapu, I repeat – atleast make it necessary to keep one khadi among many of your garments, and become an supporter for the same.

Fellow Citizens, we all celebrated the 26th January with a lot of zeal and enthusiasm. Braving the terror threats, citizens of our country showed courage and celebrated the Republic Day with pride and dignity. But some people came out with an out of the box thinking. I would like to emphasize that these innovations are worth paying attention, especially the experiments of Haryana and Gujarat. The two states selected the most educated girls from every village to do the flag hosting in government run schools in the states. Haryana and Gujarat gave importance to the girls, provided special

importance to the educated girls. Beti Bachao Beti Padhao – they made an effort and sent a good message. I congratulate the imagination of these two states and also congratulate all those girls who got the opportunity to host the flag. Last year in Haryana something even unique happened, the families wherein a girl child was born was invited as special guest and given the seat in the first row as a VIP. This was a huge moment of pride in itself and I am happy for the fact that I started 'Beti Bachao Beti Padhao' from Haryana where as the sex-ratio worsened. The number of girl child went down in proportion to thousand males. It was a huge concern as social balance was in danger. And when I picked Haryana, many of our officers told me to do away with that, saying there was a huge negative atmosphere in the state. But I persisted and today I greet Haryana from the bottom of my heart for accepting this proposal and now the birth of girls is growing at a very rapid pace there. I truly welcome the change brought in the social life there.

In the last edition of Mann Ki Baat I talked about two things. First, why don't we, being citizens, clean the statues of great personalities? We get very emotional to build statues, but get careless thereafter. And the second thing that I told was, when there is a Republic Day, how can we then put emphasis on duties and discuss it? There have been plenty of discussions on rights and will continue to happen. But there should also be discussions on the duties. I am happy that people from many places, social organizations, educational institutions, few saints came forward to clean the statues and their premises. It has been a good start, and this is not only a Swachta Abhiyan, it also is Samman Abhiyan. I am not mentioning about everyone here, but the news that has been received is highly satisfying. Few people perhaps do not give information due to hesitation. I urge all those people to send photos of the statues cleaned by them on the portal MyGov.in as people from around the world can see that and feel

honored.

In the same way I asked for views on 'Duties and Rights' on January 26 and I am happy that thousands of people participated in it.

My dear countrymen, I need a help from you and I believe that you will come along with me.A lot is being said in the name of farmers in our country. Well, I don't want to embroil into this controversy. However, the biggest crisis of farmers is the sheer waste of their efforts in the natural disaster. His year goes waste. There is only one solution that is to provide security to farmers and that is Fasal Beema Yojana. Government of India has given a very big gift to the farmers in 2016 – 'Pradhan Mantri Fasal Beema Yojana'. But this is not meant to praise the scheme and the Prime Minister. Even though discussions have been happening on crop insurance for so many years, not more than 20-25 per cent of the farmers across the country have become its beneficiary and get connected with the same. Can we pledge to reach out to at least 50 percent of the country's farmers with the crop insurance over the next 1-2 years. I need your help in this exercise. If a farmer gets linked to the crop insurance scheme, he gets a big help in the times of crisis. Let me tell you, Pradhan Mantri Fasal Beema Yojana has got a lot of public acceptance as it is very comprehensive, simple and with technological inputs. And not only this, even if something happens within 15 days of crop harvesting, even then assurances for support is provided. Focus has been on using the technology to fast track it and ensure there is no delay in receiving the insurance claims. On the top of it, the insurance premium rate has been slashed to its lowest level which no one would have ever thought of. In the new insurance scheme for the farmers, the maximum limit of premium would be 2 percent for kharif and 1.5 percent for the rabi crops. And tell me, if any of my farmer brothers is deprived of the scheme, then will it be damaging for him or not? You may not be a

farmer, but must be listening to Mann ki Baat. Will you make my voice reach the farmers? And therefore I want that you promote it the most. And for this, I have also brought a new scheme. I want that my talks regarding Pradhan Mantri Fasal Beema Yojana reaches the masses. And it is right that you are listening to my Mann Ki Baat on TV and radio. But what if you have to listen to it later? Here is gift from my side, you can listen to my Mann Ki Baat on mobile phone at anytime. All you have to do is just give a missed call from your mobile phone. The number kept for Mann Ki Baat is 8190881908, eight one nine zero eight, eight one nine zero eight. Just give a missed call and you will be able to listen to Maan Ki Baat whenever you want to. As of now, it is in Hindi. But very soon, you would get the opportunity to listen to Mann Ki Baat in your mother tongue. I will arrange for this as well. My dear youngsters, you have done a commendable job. I experienced new energy, new consciousness, new zeal and new vigour during the start-up program, which was held on January 16. Lakhs of people had registered to attend this event. However due to space constraint, the program was eventually held in Vigyan Bhawan. Many of you couldn't make it, but we ensured that you are able to participate in the event for the entire day online. It is rare to find that a program keeps lakhs of young people engaged for so many hours, but it happened. And I was a witness to the kind of excitement start-ups has. There is a misconception among the people that start-up means IT related talks, very sophisticated business. The start-up event cleared this misconception Let me tell you- Start-up around IT is a small part. Life is big, needs are endless. Start-up also brings innumerable opportunities.

I visited Sikkim few days ago. Sikkim has now become an organic state and I had invited the country's agriculture ministers and secretaries there. I got the chance to meet two young individuals there who have studied from IIM. One is Anurag Agarwal and other is Sidhi Karnani. They have

ventured towards start-up and met me in Sikkim. They work in agriculture field in North East and do the global marketing of herbal and organic produce. That's a great job.

Last time, I told people associated with start-up to narrate their experiences and send it to me on 'Narendra Modi App'. Many have sent, but I will be delighted if many more people come forward. Let me tell you, the narratives which I have received so far, are truly inspiring. There is young guy named, Vishwas Dwivedi He has an online kitchen start-up and he undertakes the work of transporting tiffins to the middle class people, who have gone out for jobs, through online networking. Then there is one Dignesh Pathak. He has made up his mind to work for the farmers, especially the animal feed. If our animals get good feed, then we will get good milk. And if we get good milk, then the young people of our country will be powerful. Manoj Gilda, Nikhilji have started agri-storage start-up. They are developing the bulk storage system for agricultural products with scientific fruits storage system. Means lots of suggestions have come. And you send more, I will feel good and if I have to talk about start-up repeatedly in my 'Mann Ki Baat' like I do every time for cleanliness, will do so for startups as well, as your power is our inspiration.

My dear countrymen, cleanliness is also getting associated with beauty. We kept expressing anguish against the filth for so many years, but it didn't disappear. Now people of the country have started discussion on cleanliness, leaving behind the filth. And somewhere or the other, something or the other work is happening on cleanliness. But now, people have marched one step ahead in the initiative. They have added beauty with cleanliness. In a way, this is doubly beneficial, and it is especially seen at the railway stations. I see that many local people, local artists, students are engaged in decorating the railway stations of their cities. Keeping the local art at the centre, painting the walls, making artistic sign

boards with content to keep people aware, and so many other things being undertaken by the people. Someone told me that the tribal women have decrorated the Hazaribagh station with the local Sohrai and Kohbar Art design. Over 300 volunteers of Thane district decorated the King Circle, Matunga, Borivali, Khar stations. Many news are coming from Rajasthan; Sawai Madhopur, Kota. It seems that our railway stations in themselves will become the identity of our tradition. Nobody will search tea and pakoda walas through the windows. Sitting on the train, on the walls one can see the specialty of the place. This was neither the initiative of the Railways nor Narendra Modi. This was the people's initiative. See when people do, and how well they do. I see that I have got some pictures, but I want to see many more pictures. Can you, who have take some effort of cleaning along with decoration on railway station or other places, send me the pictures? Do send those. I will definitely see, people will also see and others will also get inspiration. And whatever can happen on the railway station, can happen on the bus station, hospitals, schools, near temples, churchs, mosques, gardens etc. Whoever brought this thought, started and promoted it, deserves a compliment. But yes, do send me the photos, I also want to see what you have done.

My dear countrymen, it is a matter of pride that India is hosting a major event from 4th to 8th of February. The entire world is coming and our navy is making a whole hearted effort to become a good host. Warships, naval ships of many countries are gathering at the coastal region of Vishakapatnam, Andhra Pradesh. International Fleet Review is happening on the coastal region of India. This is an effort to ensure rapport between us and world's military power. This is a joint exercise. It is a very big opportunity. In the coming days, you will get to know about this through TV media as it will be a very big programme and everyone will emphasize on it. This is very important for a country like India, which has a

golden coastal history. They say sea as Udhi or Sagar in Sanskrit. This means endless sufficency. Borders and land may be separating us, but water connects us, sea connects us. We can connect ourselves with sea, we can connect with anyone by sea. And our ancestors made the introduction of this power by roaming around the world, doing global trade. Be it Chatrapati Shivaji, Chola Dynasty which made a new identity with Naval power. Even today, there are many states where several cultures associated with sea exists and are celebrated with zest. When the world is becoming our guest, the power of the navy is getting introduced, this is a good opportunity. I will also get the fortune to be present on this global event.

In the similar way, South Asian Federation games involving SAARC nations is going to be held in Guwahati. Thousands of SAARC countries' players are coming to the land of Guwahati. There is an atmosphere and excitement of sports. A grand celebration from the new generation of SAARC countries is happening on the land of Guwahati in Assam. This also is a good opportunity to make relations with the SAARC countries.

My dear countrymen, I had even said earlier that whatever comes to mind, I want to express it with you openly. Final Examinations for grade 10th and 12th will be conducted in the coming days. Last time I had shared my views with the students regarding the examinations. It is my wish that the students who have got the success share their experiences, how they have spent the tension-free days of examination, they can write to me regarding the atmosphere in family, roles played by teachers and elders, efforts made by them, any tips or suggestions and role played by the seniors. You must have had good experiences. This time you can send your experiences on Narendra Modi App. And I will request the media to promote the good things through their medium so that the students all over the country can read, watch on TV

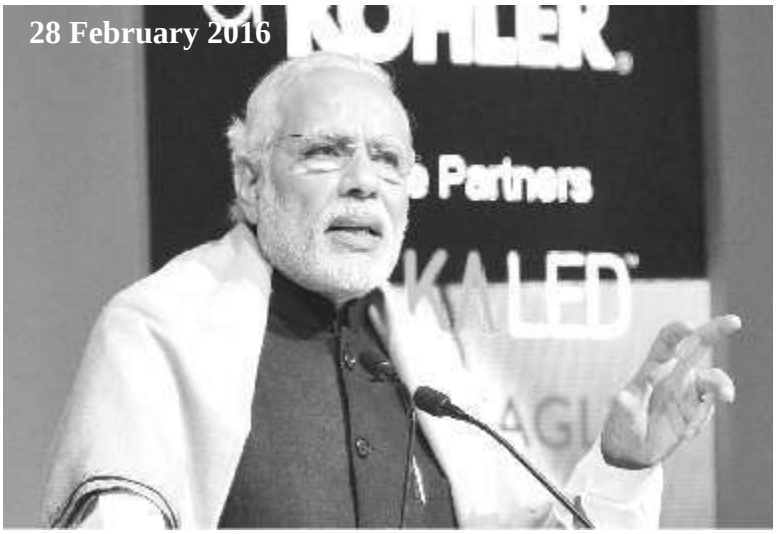
and appear in the exams in a tension-free atmosphere. I believe that media friends will definitely cooperate in this regard. Yes, but they will do only when you write to me. You will send, right? Please do send.

Many many thanks, friends. We will meet again for the next Mann Ki Baat next month. Many thanks.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version)

28 February 2016



My dear fellow citizens, Namaskar.

While listening to this month's Mann Ki Baat, my inner thoughts, your mind must also be on your children's exams which begin soon. Some of them have their 10th and 12th board exams starting from the 1st of March. That must be playing on your mind. I wish to be a part of this journey along with you. I am concerned about your children's exams as much as you are, but I am not worried. If we were to change the way we look at exams then we would be tension-free.

When I shared my inner thoughts with you during last month's Mann ki Baat, I had requested everybody to send their experiences and suggestions to me on Narendra Modi App. It makes me immensely happy that teachers and students who have had successful careers, as also parents and social thinkers, have shared their experiences and suggestions with me.

There are two things that have moved me. First, those who have written to me have a good grip on the subject; and, second, the sheer volume of the response to my request shows

dealing with exams is an extremely important matter. Usually the issue of exams has largely remained confined to schools, teachers, students and their families. But the way suggestions have come pouring in through my App, it seems this should be a subject of constant discussion for the entire nation.

Today, during my Mann ki Baat, I would like to share my inner thoughts on exams with parents, students and teachers. I will share some of the things that I have heard, what I have read, and what I have been told. I will add my views on some exam-related issues about which I feel strongly. I am confident that students who will be appearing for exams will find what I have to say immensely useful to them. That's how I feel about it.

My dear students, before I begin, why not let a well-known world opener make the opening comments about the things and experiences that helped him achieve heights of success in his life? That would definitely be useful for you. He is someone the young generation is proud of and inspired by — Bharat Ratna Sachin Tendulkar. He has sent a message that I will read out to you:

“Namaskar, I am Sachin Tendulkar speaking. I know that the 10th Board Exams are going to commence in a few days from now. Many of you are going to be tense about them. I have only one message for you all. Your parents, your teachers, your family members and your friends have a lot of expectations from you. Wherever you go, you will be asked 'How are the preparations going? How many marks are you likely to score?' I would like to say that you should set a target for yourself. Don't come under the pressure of someone else's expectations. You should definitely work hard but set a realistic and achievable target for yourself, and then try to achieve that target. When I used to play cricket, there were a lot of expectations from me as well. I faced a lot of difficult moments in these last 24 years and many a times there were

good moments too. But people always had high expectations from me. As time passed, their expectations kept growing. So it was necessary for me to find a solution to this. That's when I decided that I would set expectations for myself and set my own targets. If I set my own targets and I am able to achieve them, then I am sure to do something good for my country. And those were the targets that I would always try to achieve for myself. My focus would be on the ball, and slowly-slowly targets were achieved on their own. I would like to tell all of you that you must have a positive thinking. Positive results will follow. So you must be positive and God will surely give you good results. I am hopeful of that. My best wishes to you all. Please go write your exams, free from tension,and get good results. Good luck!"

Friends, you heard what Tendulkar-ji had to say. Don't buckle under the pressure of expectations. It is you who have to shape your own future. So set your own targets for yourselves. Keep an open mind, think freely, and assess your own abilities. I am sure that what Sachin-ji has said will prove very helpful for you. Also, why should there be rivalry? Why not healthy competition? Why do we waste our time competing with others? Why don't we compete with ourselves? Why don't we decide to break our own previous record? If you were to do that, none would be able to stop you from moving ahead. When you break your own record, you will not have to depend on others for happiness and satisfaction. There will be a sense of inner satisfaction.

Friends, don't look at exams as a game of numbers. "How much did I score, where did I score?" – don't get trapped in this score-keeping. You should think of a greater purpose in life. You should have a dream to realise and a goal that you are committed to. Exams are there to only gauge whether we are going the right way or not, whether we are moving at the right speed or not. So, if our dreams are big and magnificent, exams will become a joyful experience. Each

exam will then become just one more step towards realizing that dream; each success will turn into a key of realizing that goal. So don't brood over what is going to happen in these exams this year. Have a large perspective and a goal, and move ahead. Once you do that, even if you achieve less than what you had expected, you will not be disappointed. Rather, it will give you the strength and confidence to try harder and better the next time.

Thousands of people have used their mobile phones to post small messages on my app. Shrey Gupta has stressed the point that a healthy mind resides in a healthy body only. Students should care for their health along with their studies so that they are able to write their exams well, in good health and spirit. On the last day before exams begin, I would not really urge you to start doing push-ups, get down on the field, or go for a 3 to 5 km walk. But one thing is for sure, especially during the days when examinations are held. And that is, your schedule matters. In any case, our daily schedule for all the 365 days in a year should be in line with achieving our dreams and goals.

I agree with the message posted by Shri Prabhakar Reddy — he has specially urged that one should go to sleep at a proper time and get up early in the morning to revise one's preparation. One should arrive at the examination centre equipped with the admit-card and other things well before time. This is what Prabhakar Reddy has said, something which I would have perhaps dared not to say because I am not very particular when it comes to sleeping. My friends complain to me often that I sleep very little. This is my shortcoming which I will try to overcome.

I do agree that a fixed time to go to sleep and a sound sleep are as important as other activities during the day. This is possible. I am fortunate that although I sleep very less, I sleep very soundly and thus am able to manage with that little

sleep. But I would like to request you all to get proper sleep. There are some who are in the habit of chatting over the phone for long hours before going to sleep. And then they ponder over things they chatted about. How can they get proper sleep? When I talk of sleep, please don't think I am asking you to sleep at the cost of your preparation for the exams. At the time of exams, you should get a good sleep so that you are free from stress and tension. I am not saying that you should keep on sleeping. It should not be that you score low marks and when your mother asks you why you have fared so badly, you reply that it's because Modiji had asked us to sleep, so I dozed off. I hope you will not do that. I am sure you won't do anything like that.

Discipline plays a major role in laying the foundation of success in our lives. A strong foundation comes from discipline. Those who are un-organized and undisciplined, do those things in the evening that they should have done in the morning and then the work they had to do in the afternoon is done late at night. They might feel that their job is somehow done but it results in so much wastage of energy and they are also saddled with unnecessary tension each moment. You must have experienced that when one part of your body feels a little bit of pain, the entire body doesn't feel well. Not just that, our entire routine collapses. So we should not view anything as trivial or unimportant. Please see to it that you don't compromise on the time you have set for things. Don't get into this mess. Do things the way you have planned them.

Friends, I have seen that there are two types of students. There are students who focus their attention on what they have studied, what they have learnt, and what are their strong points. The other kind are those students who keep worrying about which type of questions will be asked during exams, whether they will be able to attempt answering them, will the question paper be easy or difficult. You must have noticed this too. Those who are tense and worry about what

kind of questions will be asked, end up having a negative impact on their results as well. On the other hand, students who have the confidence in what they know are able to tackle whatever comes in the question paper. Someone who can express this better than me is the person who is a master at checkmating others, who has checkmated some of the greatest minds in the world. He is chess champion Vishwanathan Anand and he will relate his experiences. Come, why don't you learn how to checkmate in exams from him!

"Hello, this is Viswanathan Anand. First of all, let me start off by wishing you all the best for your exams. I will next talk a little bit about how I went to my exams and my experiences for that. I found that exams are very much like problems you face later in life. You need to be well rested, get a good night's sleep, you need to be on a full stomach, you should definitely not be hungry and the most important thing is to stay calm. It is very, very similar to a game of Chess. When you play, you don't know, which pawn will appear, just like in a class you don't know, which question will appear in an exam. So if you stay calm and you are well nourished and have slept well, then you will find that your brain recalls the right answer at the right moment. So stay calm. It is very important not to put too much pressure on yourself, don't keep your expectations too high. Just see it as a challenge – do I remember what I was taught during the year, can I solve these problems. At the last minute, just go over the most important things and the things you feel, the topics you feel, you don't remember very well. You may also recall some incidents with the teacher or the students, while you are writing an exam and this will help you recall a lot of subject matter. If you revise the questions you find difficult, you will find that they are fresh in your head and when you are writing the exam, you will be able to deal with them much better. So stay calm, get a good night's sleep, don't be over-confident but don't be

pessimistic either. I have always found that these exams go much better than you fear before. So stay confident and all the very best to you."

Vishwanathan Anand has really said something very important. You must have also seen that when he plays in international tournaments, he sits with such a healthy composure. He is so focussed. You must have seen his eyes don't wander off the chess board. We have all heard of how Arjun focussed his attention on the eye of the bird. In the same way, when we watch Vishwanathan playing chess we see his eyes set on the target, focussed on the game very attentively, and that is a reflection of his inner tranquillity. It is difficult to bring that inner peace within you just by someone merely asking you to do so, but one should try. Why don't we try to do that in a light-hearted manner? If we were to keep smiling and laughing all through the exam days, we would find inner peace. If you don't speak to your friends, walk alone, and your face droops flipping through the pages of so many books at the last moment, then you cannot have peace of mind. Laugh a lot along with your friends, share jokes with them, and just see how a calm atmosphere is created on its own.

Just imagine yourself standing at the edge of a pond and you can see beautiful things at its bottom. Suddenly someone throws a stone into the water and there are ripples on the surface. Would you be able to see those beautiful things at the bottom like before? If the water is still, then no matter how deep it is, everything at the bottom can be seen. But if the water is agitated, we can see nothing through it.

There is a lot within you, the treasure as a result of the hard work of a whole year is filled inside you, but if your mind is troubled, you will not be able to discover that wealth. If you have a peaceful mind, then that treasure of yours is going to surface to the top and your exam will turn so very simple for you.

I would like to tell you a little thing about myself. There are times when while listening to a lecture or trying to understand some aspect of governance about which I need to know more, I have to concentrate on what is being said. There are occasions when if I have to strain myself to concentrate, I feel an inner stress building up. Then I realize that if I relax a bit, I will feel better. So here is a technique I have developed for myself. I do deep-breathing. I breathe deeply three to five times. Not more than 50 seconds are spent on this but my mind is at rest and ready to be focused on matters at hand. This is my experience and it might be of help to you as well.

Rajat Agarwal has told us something good. He wrote on my app that we should spend half an hour every day with friends and family to feel relaxed. We should chat with them. This is something very important Rajat-ji has told us because what most of us do is that when we return after an exam, we sit down to calculate what we did right and what we did wrong. And if we have educated parents, on top of it parents who are teachers themselves, then they almost end up making us re-write the entire paper. They ask us what we wrote, then start adding numbers to calculate how much we will score, whether it will be 40, 80 or 90. In this way, your mind is totally consumed by what is already over. And what do you do? You also talk about the same thing with your friends over the phone. “What did you write, what was your answer, what did you do, what do you think… Oh! I got that one wrong… I made a mistake there… Oh dear, I knew the answer to that question but I couldn't remember it then…” We just get caught in all that. Friends, please don't do this. What happens in the examination hall is over and done there itself. Please chat about otherthings with your family, talk of other topics, refresh your mind with some light banter. If you have gone on holidays with your parents, then try and remember what you saw. Just come out of that exam mindset and spend half an hour with your parents. What Rajat ji has said is worth

pondering over.

Friends, what can I tell you about peace of mind today, before you go for your exams. A message has come for you from someone, who is essentially a teacher-turned-a-value educator. From giving interpretations of the Ram Charit Manas in the present day context, he is now involved with trying to spread its values in the country and to the whole world. Our revered Murari Bapu has sent some important tips for students. He is a teacher and a thinker, and for this reason what he has to say is a blend of both.

"I am Murari Bapu speaking and I would like to tell my student friends not to carry any load on their minds during the exams. Decide upon clear thinking, focus your mind wholly and go sit for the exam. And whatever situation appears, accept it. My experience has been that we can remain happy by accepting the circumstances. If you progress ahead in your exams fearlessly and happily, you are sure to gain success. And even if you are not successful, you will not have any remorse. Nor will you be arrogant of your success. I would like to conclude my message with a couplet – 'It cannot be that one succeeds each time. Learn to also live with failures'. I felicitate this program Mann ki Baat presented by our honorable Prime Minister and my best wishes to all."

I am also grateful to our revered Murari Bapu for such a nice message.

Friends I want to tell you about another thing today. I see that in the experiences that people have shared with me, they have spoken a lot about Yoga. And this is a matter of joy to me. Everybody I meet, no matter for how short a time, has something to say about Yoga. This is irrespective of whether the person is from another country or from India. It's nice to hear that so much attraction has grown for Yoga, so much curiosity has developed for Yoga.

Just see how many people on my mobile App… Shri

Atanu Mandal, Shri Kunal Gupta, ShriSushant Kumar, Shri K.G. Anand, ShriAbhijeet Kulkarni… countless people have spoken about meditation and emphasized the beneficial effect of Yoga. Friends, if I ask you to start doing Yoga from tomorrow morning then that would be unfair. But those who are already practising Yoga should not stop it during exam time. If you do Yoga, keep doing it. One thing is for sure, whether it is your student days or any other phase of your life, Yoga is a major key to the development of your inner mind. It is one of the simplest keys; you must pay more attention to it.

Yes, if you have someone nearby who knows Yoga, and if you ask them during your exams, and even if you have never done Yoga before, they will surely be able to tell you a few things to do in Yoga that can very easily be done in a few minutes. See if you can do it. I have a lot of faith in Yoga.

My dear young friends, you are in a great hurry to enter the examination hall, you are in a rush to quickly be seated in your place. But why should you do these things in a hurry. Why can't you manage your time in such a way that even if you are held up in traffic, you can still reach in time for your exam. Otherwise such hurdles can cause new stress. One more thing: With the limited time that we have, we feel that going through the question paper with all the instructions is going to consume a lot of our time. It is not like that dear friends. You must read those instructions very carefully, at most five minutes will be spent in that, but it will not cause any loss. In fact, it will be quite profitable as things become clearer for you and later you won't have any regrets. I have seen that when we get the question paper, sometimes we find that it has been modelled on a new pattern. But if we have read the instructions with due attention, we can cope well with it. We know – Ah! Yes, that's the way we have to go about it! I urge you all that even though it takes 5 minutes of your time, you must go through the question paper carefully.

Yash Nagar writes on my mobile App that when he

read a question paper for the first time he found it quite difficult, but when he read the same paper with self-confidence telling himself, “this is the only paper I have got and no other questions are going to be given, I have to deal with just these many questions, and so when I started thinking over them again”, he writes, “I was able to understand this paper quite easily… When I read the questions the first time, I felt I did not know the answers to them, but when I read them again, then I realised that the questions had been posed in a different way.” It is very important to understand the questions. When we don't understand the questions, that's when we sometimes find them difficult. I forcefully support the point that Yash Nagar has made. You must read the questions twice, thrice, four times over and try to match them with the things that you know and you will find that answering them becomes simple even before you have actually answered them.

It gives me great joy to share with you a message from Bharat Ratna C N R Rao, our most esteemed scientist. He has emphasized the virtue of patience. He has given a brief but very beautiful message to all students. Come,let me tell you the message of Shri Rao.

“This is C.N.R. Rao from Bangalore. I fully realise that the examinations cause anxiety. That too competitive examinations. Do not worry, do your best. That's what I tell all my young friends. At the same time remember, that there are many opportunities in this country. Decide what you want to do in life and don't give it up. You will succeed. Do not forget that you are a child of the universe. You have a right to be here like the trees and the mountains. All you need is doggedness, dedication and tenacity. With these qualities you will succeed in all examinations and all other endeavours. I wish you luck in everything you want to do. God Bless.”

See the style of talking that a scientist has! What I take half an hour to say, he says in a few minutes. This is the strength

of science and this is the strength that the mind of a scientist possesses. I am grateful to Shri Raofor inspiring the children of the country. The things that he mentioned about dedication, determination, diligence… just keep at it my friends. If you keep going, then even fear will be afraid. And a golden future awaits you for doing well.

Ruchika Dabas has sent a message on my App and shared her experience. She writes that in her family during exams there is a constant effort to create a positive atmosphere. This is true for the neighbouring families as well. All contributed to a positive environment. This is the way it should be. Sachin ji also talked of a positive approach, a positive frame of mind. We have to radiate a positive energy.

There are many things that inspire us, and don't think that they inspire only students. No matter at which point of life you are at, fine examples and true stories give great inspiration, great strength, and pave a new path in times of trouble. We have all read about the inventor of the electric bulb, Thomas Alva Edison. But friends, have you ever thought how many years he spent on his work, how many times he met with failure, how much time had to be devoted, how much money was spent, how much disappointment he must have faced when he met with failures. But today that electric bulb illuminates our lives. This is what is called the seeds of success inherent in failures.

Who doesn't know of Srinivas Ramanujam, one of the greatest names among modern Indian mathematicians? Do you know that he had no formal education in Mathematics? Yet he made a significant contribution to various topics like mathematical analysis, number theory, etc. He had a life riddled with difficulties. Despite that, he gave a lot to this world before passing away. J.K. Rowling is a fine example to show that success can come in anyone's life at any time. The Harry Potter series is now popular worldwide. But it was not like that from the start. She had to face many difficulties,

many problems. J. K. Rowling has herself said that in times of trouble she would channelize all her energies into tasks that had real significance for her.

Exams are not just for the students, they also put the students' families, schools and teachers to test. Without the support system of parents and teachers, the students would not stand a good chance. If teachers, parents and even senior students all combine to form a team, a unit with a common thinking, and in a planned way move forward, then exams become a lot easier.

Keshav Vaishnav has written to me on my App, complaining that parents should never put pressure on their children to score more marks. They should only motivate them to prepare well for their exams. They should think about the need for their child to stay relaxed.

Vijay Jindal writes that parents should not burden their children with their own expectations. They should boost the confidence of their children as much as possible. They should help maintain their children's faith in themselves. And this is so right.

Today, I don't want to say much to the parents. Please don't create any pressure for your children. If they are talking to any friend of theirs, please don't stop them. Build a light-hearted environment for them, a positive environment, and see for yourself, be it your son or daughter, what confidence they are infused with. You will be able to see that confidence in your child yourself.

Friends, one thing is for sure, and I want to say this especially to my young friends, that our life has become very different from what it was for the previous generations. Every moment there is a new innovation, a new technology. We get to see new facets of science all the time. Its impact is overwhelming; we all want to link ourselves to science and technology. We also want to move ahead with the speed of

science. I say all this because, friends, today is National Science Day, the festival of science in this country. Every year this day is observed on 28th February. On 28th February 1928, Sir C.V. Raman had declared his discovery of the "Raman Effect". This was the discovery for which he received the Nobel Prize. And so the nation celebrates this day as National Science Day. Curiosity is the mother of science. Each person should have a scientific thinking, should be attracted to science. Each generation should lay stress on innovation. And innovation is not possible without science and technology. Today on National Science Day we should resolve that innovation should gain importance. Science, knowledge, technology… all these things should be a part of our journey to development. This year the theme for National Science Day is 'Make in India Science and Technology-driven Innovations'. I humbly pay my homage to Sir C.V. Raman and I appeal to you all to raise the level of your interest in science.

Friends, sometimes success comes very late and when it does come to us, our way of looking at life changes completely. As you have been kept very busy with the coming exams, it might be possible that many news stories may not have registered on your minds. But I want to repeat this for all fellow citizens as well. You must have heard recently there has been a major and important discovery in the world of science. Scientists have labored hard, generations of them have persevered, and after nearly 100 years they have gained a huge success. Gravitational Wave has been brought to light with the efforts of our scientists. This is a success for science which was very difficult to achieve. This discovery not only proves the theory of our greatest scientist of the previous century, Albert Einstein, but is also considered a great discovery for the world of physics. It is going to be of use for the whole of humankind. But being Indians, we should all feel happy that in the entire process of this discovery, the sons of our country, our worthy Indian scientists, were also a part of it. I would like to extend

my hearty congratulations to all those scientists. Our scientists will be involved in the future as well to take this discovery forward; India will be a part of future international efforts.

My dear fellow citizens, in the last few days we have taken an important decision. To gain more success about this discovery, the Government of India has decided to install a Laser Interferometer Gravitational-Wave Observatory, in short it is called LIGO, here in India. This kind of a facility exists only in two places in the world. India is going to be the third. This process is going to gain fresh momentum and strength with India joining hands with others. India, with its reputed resources, will surely be an active participant in this superior science discovery which is for the welfare of humankind. I once again congratulate all scientists and send them my best wishes.

My dear fellow citizens, I would like you to note down one number. From tomorrow, you can give a missed call on this number and listen to Mann ki Baat. You can even listen to it in your mother tongue. The number to give a missed call on is 81908-81908. I repeat 81908-81908.

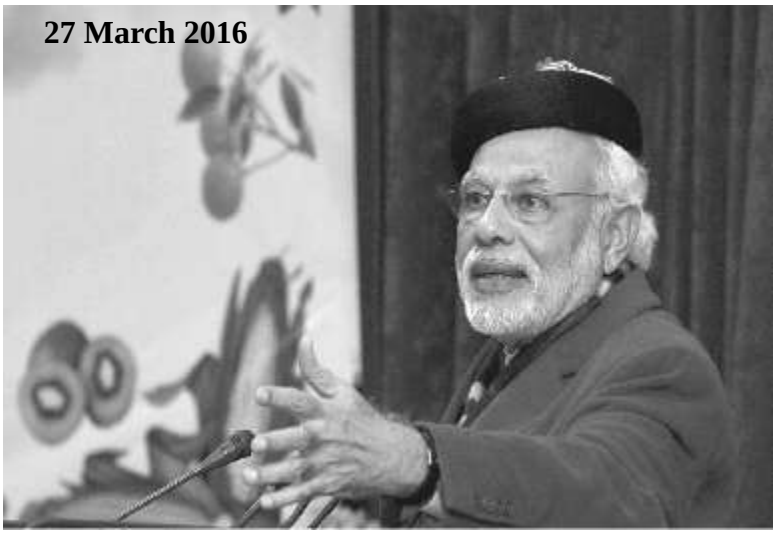
Friends, your exams begin from day after tomorrow. I have to take an exam tomorrow. 125 crore people of this country are going to take my exam. You know it, don't you? Tomorrow is Budget Day. 29th February. It is a leap year. But, you must have noticed and felt it while you heard me speak how fit and brimming with confidence I am. My exam gets over tomorrow and yours begin the dayafter. Let us hope we all are successful, then the country will surely succeed.

So friends lots of good wishes to you all. Free from all tension of success and failure, move ahead with a free mind. Keep going at it.

Thank You.

(The original speech was in Hindi, this is the English rendering.

27 March 2016



My Dear Fellow Citizens,

Let me begin by wishing 'Namaskar' to all of you. Today, the world over, Christians are observing Easter. I extend my warmest greetings to everybody on the occasion of Easter.

Some of my young friends must be busy with their examinations. Some of them must have gotten over with their examinations by now. For those of you who still have examinations, it must be a testing time with exams on one hand and T-20 Cricket World Cup on the other. I am sure you are eagerly waiting for the match between India and Australia this evening.

Some days ago India won two fine matches against Pakistan and Bangladesh. We are seeing a fine momentum building up in this T-20 Cricket World Cup. Today, as India and Australia get ready to play, I convey my best wishes to both the teams.

With the young comprising 65% of our population, there should be no reason why we should be absent from the

world of sports. This won't do. We need to usher revolutionary changes in sports. We can see that happening in India. As with Cricket, there's now increasing interest in Football, Hockey, Tennis, and Kabaddi.

You must have come to know that India will be hosting the FIFA Under-17 World Cup next year. Twenty-four teams from all over the world are coming to play in our country. The Indian Football team won the gold medal at the Asian Games in 1951 and 1962, and came fourth in the 1956 Olympics. Unfortunately, over the decades we have slipped from there to the lowest rungs. Today our ranking in FIFA is so low that I feel reluctant even to mention it.

On the other hand, I have been noticing that interest in Football among the youth in India has been rising – be it the English Premier League, Spanish League or the Indian Super League matches. Young Indians take time out to get the latest information on these matches and watch them on television. What I mean to say is, given this rising popular interest in Football and the opportunity of hosting FIFA Under-17 World Cup, shall we just play the role of a host and fulfil our responsibility? Or will we use the opportunity to our advantage to promote sports?

We should create an atmosphere of Football, Football, Football all around for this whole year – in schools, colleges, indeed, all over India. Our youth, the children in our schools, should be drenched in sweat just playing Football. If that happens, we shall have real fun playing the host. So, all of us should make the effort to ensure Football reaches every village, street and alley. Between now and the FIFA Under-17 World Cup in 2017, we should infuse a spirit of enthusiasm in the youth. One advantage of playing the host for this event is that a whole lot of infrastructure will get created with addition of sports facilities. But I personally shall be happy when we are able to link every youth of our country to this game.

Friends, I would like to hear your views on how best to use the 2017 FIFA Under-17 World Cup to our advantage. How should this event be? What kind of programmes should we organise the whole year to help the event gain momentum? How should it be publicised? What improvements do we need to make? How can we increase the interest of our youth in sports through the 2017 FIFA under-17 World Cup? How can we introduce an element of competitiveness in governments, educational institutes and social organisations to associate with the game?

We can see all this happening in relation to cricket; we should now try to bring these elements in relation to other sports disciplines as well. The FIFA event offers us a unique opportunity to do so. Can you send me your suggestions on how best to use that opportunity? I view the FIFA event as a great opportunity to establish India as a brand at a global level. I consider this to be an opportunity to let the world know of India's youth power – not in the sense of winning or losing a match. In the run-up to and preparation for the 2017 FIFA event, we can harness and display our many strengths; while doing so, we can do image-branding for India as well.

I look forward to your suggestions on the 2017 FIFA Under-17 World Cup which you can send me through NarendraModiApp. Do let me know what should be the logo and the slogans. How should we propagate this throughout India? What should the songs be like? What should be in the souvenirs? Think about it friends. I would like every youth of mine to become an ambassador for the 2017 FIFA Under-17 World Cup. You should robustly participate in this event. It's a golden chance to build India's image.

My dear students, you must have thought of travelling to places during your holidays. There are very few people who go abroad; most people visit places within their own states for a week or so. Some people also go outside their

states. Last time too, I had requested all of you to upload photographs of the places you visit. And I have noticed that the kind of work which our Department of Tourism, our Department of Culture, State Governments and the Government of India can't do, that kind of work has been accomplished by millions and millions of Indian tourists. Photos of such magnificent places were uploaded that it was truly a delight to view them.

We have to take this task forward. Do it this time as well. But this time, along with a photo, please write and send a small piece about the place, thus displaying your creative prowess. One gets to learn a lot by visiting new places. Things we can't learn in a classroom, within our family, from our friends, sometimes we can learn those things by travelling. We get to experience something fresh with each new place we visit – we learn about people, their languages, foods and lifestyles. Someone has rightly said that "A traveller without observation is a bird without wings". "If you have a desire to truly view, you should also develop an insight." India is full of diversities. Once you set out to see the country, for the rest of your life you will keep seeing new things and still never get enough of it. I have been fortunate that I had a lot of opportunities to travel. When I was neither Chief Minister nor Prime Minster, and I was young like you, I travelled a lot. Perhaps there isn't a district in India which I have not visited.

Travel plays a very strong role in shaping our lives. These days the youth of India are being driven by a spirit of adventure and curiosity. Unlike before, they don't want to go to the same old places or tread the oft beaten track. They want to do something new, see something new. I see this as a good sign. Our youth should be bold. They should be brave. They should have the courage to set foot on places where no one has been before.

In this context, I would like to specially congratulate

Coal India. Western Coalfields Limited at Savaner near Nagpur, where there are coal mines, has developed an Eco-friendly Mine-Tourism Circuit. Generally we don't think of coal mines as places to be visited. When we see pictures of miners, we wonder what it must be like out there. We even have a saying, "Coal blackens your hands", hence people tend to stay away from coal mines. But Western Coalfields Limited has made these same coal mines a destination for tourism. This is only the beginning, but already nearly 10,000 people have visited this Eco-friendly Mine-tourism site at Savaner near Nagpur. This in itself gives us an opportunity to see something new.

I hope that when you set out on a journey during the coming holidays you can contribute something to cleanliness too. There is greater awareness about cleanliness and people are making an effort to keep tourism destinations litter-free. Both tourists and local residents of these places are contributing to it. Maybe it is not being done in a very scientific way, but it is being done. Can you too, being a tourist, lay stress on cleanliness at tourist destinations? I am confident that our youth will definitely help me in this task.

Tourism is a sector that provides maximum employment. Even the poorest person gets a chance to earn from tourism. When tourists visit a place, even the not-so-well-off among them spend money. Rich tourists are bound to spend more money. There are many employment opportunities created by tourism. India lags far behind in tourism when compared to the world. But if we, 125 crore Indians, decide that we have to give importance to our tourism sector, we can attract the world. We can draw a very large number of tourists to our side. Through this we can provide new employment opportunities to several million young people in India. Be it the government, institutions, society, citizens – we all have to come together to make this happen. Come, let's make an endeavour in this direction.

My dear young friends, I don't like it when holidays are just frittered away. You too should think along these lines. Will you let your holidays during the most important years of your life slip away just like that? I will give you something to ponder upon. Can you resolve to add one skill, one special attribute to your personality, during your holidays? If you don't know how to swim, can you resolve to learn swimming during the holidays? If you don't know how to cycle, can you resolve to learn cycling during the holidays? Or you could tell yourself, “I type with just two fingers on the keyboard, so shouldn't I learn proper way of typing?” There are so many skills to develop our personality. Why not learn them? Why not overcome some of our shortcomings? Why not add to our strengths? Do give it a thought.

It is not like you need lots of classes, a great trainer, hefty fees or a big budget for this. You can find something around you. Let's say you decide to make the 'best' out of 'waste'. Just look for some waste material and start creating something from it. You will enjoy it. By the time evening falls, you will marvel at what you have created from that rubbish. Suppose you are fond of painting and you don't know how to paint. Just start painting and gradually you will get better at it. You must spend your holidays on building your personality by developing some new talent, acquiring some new skill. There can be countless areas where you could do so; it is not as if these are confined to only the ones that I am spelling out for you. This will help you in carving out your own identity and raising your self-confidence tremendously. Just try it for yourself. When you return to school or college and tell your classmates about what you learned during the holidays, and when your friends find that they have not learned anything new, they will realise that they wasted their time. They will admire you, “You are a very determined man, my friend, you have accomplished something concrete.” This will perhaps become a big thing among friends. I am

confident that you will surely do it and, yes, do share with me what you have learned.

This time a lot of suggestions have come for Mann Ki Baat on www.mygov.in: –

Sound Byte- "My name is Abhi Chaturvedi. Namaste dear Prime Minister, you had said during the last summer holidays that even birds feel the summer heat so we should fill a bowl with water and place it in the balcony or the terrace so that the birds can come to have water. I did this and enjoyed it and in this way I made friends with a lot of birds. I request you to repeat this task in Mann Ki Baat. Thank You."

My dear fellow citizens, I would like to express my gratitude to this little boy Abhi. He called me up and reminded me of what I had said. Frankly, I had forgotten about it. And I did not have it in my mind that I would say something on this topic, but Abhi has reminded me that last year I had asked you to put an earthen bowl filled with water for the birds.

Friends, I want to thank this boy Abhi Chaturvedi. He has reminded me of a good deed by calling me. Last summer I had remembered it and asked you to put water in earthen bowls for the birds during summers. Abhi has told me that he has been doing this for a whole year and many birds have now become his friends. The great Hindi poetess Mahadevi Verma used to love birds. She wrote this in one of her poems, "We shall not let you fly far way, we shall fill the courtyard with grains and fill the tank with sweet and cool water…" Come, let us also do what Mahadevi Ji used to do. I greet Abhi and thank him for reminding me of this very important thing.

Shilpa Kukke from Mysore has raised a very humane issue. She says milkmen, newspaper vendors, postmen come close to our homes. Sometimes utensil hawkers and cloth sellers too pass by our homes. Have we ever offered them some drinking water during the summer days? Have we ever given them water to drink? Shilpa, I am very grateful to you

that you have articulated something so sensitive in so simple a manner. It is a small gesture but when the postman comes and we offer him water, he will feel good. Of course, it is a part of our nature in India. But I am glad, Shilpa, that you have observed these things.

My dear farmer brothers and sisters, you must have repeatedly heard the term – Digital India. Some people feel that Digital India is to do with the world of the youth in our cities. No, it's not like that. You will be happy to learn that a 'Kisan Suvidha App' has been launched to serve your interests. If you download this 'Kisan Suvidha App' on your mobile phone, you will receive a lot of information related to agriculture and weather at your fingertips. There are many topics on this App, such as what is the state of the market, what is the position of the wholesale market, which crops are doing well these days, which are the appropriate pesticides. Not just this. There is a button on the App which will connect you directly with agricultural scientists and link you with the experts. If you pose a question to them, they will reply to it; they will explain things to you. I hope that my farmer brothers and sisters will download the 'Kisan Suvidha App' on their mobile phones. Why don't you have a look at this gift for you and give it a try to see if something in it is of use to you? If you feel it lacks in anything then you can complain to me also.

My dear farmer brothers and sisters, summer is holiday time for the rest of the people, but for you it is the time to sweat it out even more. A farmer waits for the rains. Before that, he puts in his life and soul to get his field ready so that not even a single drop of rain water goes waste. For farmers, the season just before onset of farming is of utmost importance. We will have to give a thought to what will happen if there's no water. Can we utilise this time to visit ponds, check the routes through which water flows into these ponds and spot the places where garbage or something else blocks the water from flowing, because of which reservoirs get depleted. Can

we not remove the blockage and clean the inlets so that more water gets collected? If we manage to save and collect more water during the first rainfall and fill up our ponds, rivers and streams, then even if the rains fail later, our losses will be reduced. But this can be possible only when we conserve each and every drop of water.

You must have noticed that this time it has been decided to construct five lakh ponds and farm water reservoirs. Under MNREGA also a stress has been given to create assets for water conservation. Every village should save water. How can we save every drop of water during the coming rains? How do we begin an exercise to ensure that every drop of water in the village stays within the village? You should devise a plan and get connected with Government schemes so that we can start a people's movement which will help us understand the importance of water. Then everyone can join in the campaign for water conservation. There must be many such villages in the country, many progressive farmers and many conscientious citizens who have already done this kind of work. But we still need to do much more in this direction.

My dear farmer brothers and sisters, a few days ago the Government of India had organised a very big Kisan Mela, 'Farmers' Fair'. There I saw the modern technology that is now available for farmers and how much change has come in agriculture. But we have to ensure that this technology reaches the fields. Now even the farmers have started saying the use of fertilisers should be curtailed. I welcome this. Excessive use of fertilisers has made our Mother Earth unwell. We are the children of our soil, so how can we watch our Mother Earth suffering? When we add spices and condiments while cooking our food, it adds to the taste. But if we add too much of even the best of the spices and condiments, then would one want to eat that food? The same food would taste so bad, isn't it? The same thing happens with

fertilisers as well.

No matter how good fertilisers may be, if we use them beyond a limit they will become the cause of ruination. There should be a balance in everything. This will reduce your expenses and you will end up saving money. Our stand is clear: Less Cost, More Output. Invest Less and Reap More. We should move forward with this 'mantra' and improve our agriculture sector by using scientific methods. I hope we will do, with full concentration, whatever is necessary for water conservation. We have a couple of months till the onset of monsoon. Do remember, the more we save water, the more the farmers will benefit and more lives will be saved.

My dear fellow citizens, the World Health Day is on 7th April. This year the theme of the World Health Day is 'Beat Diabetes'. I call upon all of you to defeat Diabetes which plays host to so many diseases. Once it enters yours body, a whole lot of undesirable guests in the form of illnesses follow it. It is said that in 2014 India had about six and a half crore Diabetics. Diabetes was found to be the cause of death in three per cent of all deaths. Diabetes is of two types — Type 1 and Type 2. Type 1 is hereditary; if the parents have it, so shall their child. Type 2 is due to your habits, age and obesity. The world is worried about Diabetes and so it has been chosen as the theme for World Health Day on 7th April.

We all know that our lifestyle is the biggest cause for Diabetes. Physical labour is getting reduced. There is not a trace of sweat; there is just no walking around. Even if we play games, we play them online; very little happens offline. Can we not, drawing inspiration from this year's World Health Day and its theme, do something to defeat Diabetes in our personal life? If you are interested in Yoga, then do Yoga. Or else, the least you can do is to go for a walk or a run. If every citizen of my country is healthy, then my country will be healthy. Sometimes we are reluctant to get our medical

check-up done. When the condition worsens then only does it come to our notice that it is Diabetes to blame. What do you lose in getting a check-up done? Please get this much done at least. Everything is available and a check-up can be done easily. Please do be concerned about this.

On March 24th, the world observed Tuberculosis Day. When I was a child we would be scared by the very mention of the word TB. It would seem death was inevitable for anybody suffering from this dreaded disease. But now we are not scared of it because everybody knows TB is curable and can be easily cured. Paradoxically, when TB was linked to death we used to be duly afraid of it; but now that it is curable, we have become almost careless about it. Compared to the world, we still have a large number of TB patients. If we want to free ourselves and our country from TB, then we need correct treatment, we need complete treatment. If we leave the treatment mid-way, it can create new complications for us. Tuberculosis is one disease that even the neighbours can spot. "Oh look! You have a persistent cough and fever and you have lost weight. Go get it checked. You must have got TB." This shows TB is one illness that can be detected fast.

My dear fellow citizens, there is a lot of work being done in this direction. There are more than 13,500 Microscopy Centres, more than four lakh DOTS providers, various advanced laboratories. And all these services are free. Please go and get a check-up done. This disease can be got rid of. All one needs is the correct treatment and the treatment must continue till the illness is gone completely. I would like to appeal to you all, whether it is TB or Diabetes, we have to conquer these. We have to eradicate these diseases from India. But this cannot happen with just the efforts of the government or by doctors or medicines till you don't do something about it. So I call upon all of you today to defeat Diabetes and free ourselves from Tuberculosis.

My dear fellow citizens, a number of important occasions are coming up in April, especially on 14th of April which happens to be the birth anniversary of Baba Saheb Bhimrao Ambedkar. His 125th birth anniversary was celebrated all over the country. The five pilgrimage spots associated with him – Mhow, his birthplace; London, where he was educated, Nagpur, where he had his 'Deeksha'; 26, Alipur Road, Delhi, where his soul left him for its heavenly abode; and the cremation ground in Mumbai where his last rites were performed. We are making a constant effort to develop these five pilgrimage spots. I am fortunate to get the chance to visit Mhow, the birthplace of our revered Baba Saheb Ambedkar, on 14th April this year. Baba Saheb has given us a lot to help shape us into ideal citizens. We can pay our best homage to him by following the path set by him and becoming good citizens.

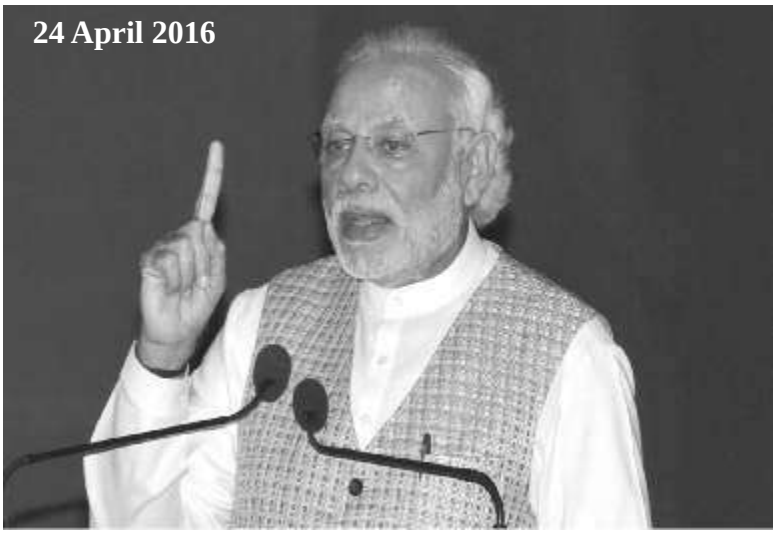
In a few days from now, the new year of Vikram Samvat will begin. It is celebrated in different states in different forms. Some call it Nav Samvatsar, some call it Gudi Padva, some Varsh Pratipada, some Ugadi, but it holds importance in nearly all the states of India. My greetings to everybody on this auspicious occasion of New Year.

As you know and I had said it last time also, you can now listen to my Mann Ki Baat in about 20 languages whenever you wish to. You can choose your own convenient time to listen to it. You can listen to it on your own mobile handset. All you have to do is to give a missed call. I am happy to state that although it has been barely a month since this service was launched, 35 lakh people have availed of it. You too can note down the number. 81908-81908. I repeat – 81908-81908. Give a missed call on this number whenever it is convenient for you. Even if you wish to listen to any previous episode of Mann Ki Baat, you can listen to it in the language of your choice. I will be happy to remain connected with you.

My dear fellow citizens, my heartiest best wishes to you all. Many, many thanks.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version



My dear fellow citizens, Namaskar!

It's summer. Everybody makes plans for their summer holidays. Since this is the season of mangoes, we crave for the flavour and taste of this fruit. Sometimes we feel a nap in the afternoon would be nice. But this year the sweltering heat has spoilt the fun for everybody.

It is quite natural for the nation to feel concerned about the unrelenting heat. On top of it, due to continuous drought over the past couple of years, the usual water storage facilities have been adversely affected. Sometimes due to encroachment, sometimes due to silting, the inflow of water into reservoirs and other water bodies gets blocked. As a result, the reservoirs store much less water than their capacity. Worse, because of this cycle that has been going on for years, the capacity itself of these reservoirs is gradually reduced. To cope with the drought and to provide relief from the water crisis, governments are making efforts. But that's not all. I have noticed that citizens are doing commendable work to help deal with the situation. Awareness is now seen in many

villages. Only those who have faced shortage of water know the real value of water. Hence, in such places they are very sensitive about water and are equally active in doing something to deal with the shortage of water.

I was recently told that in Ahmednagar district of Maharashtra, the Hivrebazaar Gram Panchayat and its villagers have addressed the problem of water shortage by treating it as a major and delicate issue. One can find many villages where there is a desire to store water. At Hivrebazaar the farmers tackled the issue by changing the cropping pattern. They have decided to give up cultivation of those crops that require a lot of water, like sugarcane and banana. It sounds very simple, but in reality it is not so. What a big collective decision this must have been? If one tells the owners of factories that consume a lot of water about the consequences of this consumption and requests them to shut down their units, one can well imagine what the response would be. But see the sensibility of these farmer brothers. When they realised that the cultivation of the sugarcane should be given up because it consumed a lot of water, they went ahead and did it. Instead of sugarcane, they have taken to such crops like fruits and vegetables that require much less water. Farmers in this village have taken so many initiatives such as using sprinklers, drip irrigation techniques, water harvesting and water recharging, that today their village is strong enough to cope with the water crisis that they face. I might be talking of a small place like Hivrebazaar, but there must be many other such villages. I extend my hearty felicitations to such villagers for their fine work.

I was told that in Devas district of Madhya Pradesh, the Gorva Gram Panchayat took up the drive to create farm ponds. They have already created 27 farm ponds. Due to this there has been an increase in the ground water level. Whenever water was required for crops, farmers had access to it. This panchayat has given a rough estimate that their

agricultural production has increased by 20 per cent. Not only has water been saved, the quality of water has also vastly improved with the water level increasing. World over it is said that potable water can contributing factor for GDP growth. It certainly contributes to better health.

When the government used railways to transport water to Latur, it became news for the world. There is no doubt that the swift manner in which Indian Railways has acted is praiseworthy. But villagers who have taken various initiatives to save water also deserve equal amount of praise. Indeed, I would say they deserve greater praise. There are several such schemes and programmes that are run by citizens but these doesn't get our attention. The good work done by the government sometimes does come to our notice. If we look around us, we will see that people are making an effort to combat the menace of drought by trying to find solutions that are new and innovative.

It is human nature that no matter how many perils people face, when they hear a good news from any corner, they feel as if the entire crisis is over. Thus ever since the day it became public knowledge that rainfall this year is expected to be between 106% and 110% it seems as if tidings of peace and happiness have come. There is still some time for the monsoon to arrive, but the news of good rains has already brought joy. At the same time we must remember that a good monsoon offers both an opportunity and a challenge. Can we start a drive to save water in every village from now on itself? Farmers need fertile soil in their fields to grow crops. This time why can't we take the soil from the bottom of ponds for our fields? If we were to do this, the quality of the soil in our fields would improve and the capacity of ponds to store water would increase. Can we fill empty cement and fertiliser bags with pebbles and sand and use them to stop water from flowing out through breaches? If we were to stop water from draining out for five days, for seven days, it would seep into

the ground and the water level would come up. There would be sufficient water in our water-wells. Thus we should strive to retain as much water as possible. The water of a village will be preserved there if we work for it in a determined manner collectively. Therefore, notwithstanding the current water scarcity and drought situation, we have an opportunity during coming one and half months to prepare to harvest rainwater.

I have always said that people who visit Porbandar, the birthplace of Mahatma Gandhi, can also see there the underground tanks constructed about 200 years ago, that were built to save rain water. Water collected in these tanks remained pure.

Mr. Kumar Krishna has asked on MyGov whether "the cleaning of Ganga will be possible while we our alive". His concern is quite natural because it has been nearly 30 years since work began in this direction. Many governments came, plans were made to clean Ganga, and a lot of expenditure was incurred without showing results. For this reason there must be crores of Indians like Kumar Krishna who have the same question in their hearts. For those who are religiously inclined, Ganga is the path to salvation for them. I too accept this importance of Ganga. But more than that, Ganga is the giver of life. We get our daily bread from Ganga, we get our earnings from Ganga, and we get a new source of energy from Ganga to live our lives. The flow of Ganga adds momentum to the economic pace of the country. Bhagirath did bring down the river Ganga for us, but to save it, we need crores of Bhagiraths. The project to clean Ganga cannot be successful without mass participation by the people. So we all will have to become agents of change to achieve cleanliness. We shall have to continuously keep on repeating this thing. There are many efforts being made by the government. We are seeking the full cooperation of all the states through which Ganga flows. We are also trying to get voluntary organisations to join us in this effort. We have taken several

steps for surface cleaning and to stop industrial pollution. Every day, effluents and garbage in a large quantity flow into Ganga through drains. At Varanasi, Allahabad, Kanpur, Patna – trash skimmers have been deployed which clean the river while floating on it. All local bodies have been given this facility and they have been urged to carry on with this work continuously and clean all the garbage from the river. I have been told a few days ago that in places where this work is being carried out properly nearly 3 to 11 tonnes of garbage are being taken out of the river every day. So it would be correct to say that pollutants in such a large quantity are being stopped from getting into the river. In the coming days, we have plans to deploy such trash skimmers at other places also and the benefits of it will be felt by the people living on the banks of Ganga and Yamuna.

To monitor and control industrial pollution, an action plan has been prepared with the pulp and paper, distillery and sugar industries, and it has also been implemented to some extent. I feel it will yield good results. I am very happy that in Uttarakhand and Uttar Pradesh, where there was discharge from distilleries, there has been a change for the better. Officers have told me that they have been successful in securing zero liquid discharge. The discharge from the pulp and paper industry or the liquor industry is almost coming to an end. All these things are a sign that we are moving in the right direction and awareness has also increased. I have seen that not just on the banks of Ganga, even in far off South if one meets a person, he is sure to ask, " Sir, will Ganga be cleaned?" This faith and hope of the common people is going to ensure success in the cleaning of Ganga. People are even giving donations for this. Thus this effort is being made quite meticulously.

My dear fellow citizens, today is the 24th of April. This is observed as Panchayati Raj Day in India. On this day, the Panchayati Raj system was implemented in our country.

Panchayati Raj system has gradually spread to the entire country and is functioning successfully as an important unit of our democratic system of governance.

We celebrated 14th April as the 125th birth anniversary of Babasaheb Ambedekar and today we celebrate 24th April as Panchayati Raj Day. This was such a fortunate coincidence. From the birth anniversary of the great man who gave us the Constitution of India, to 24th April, the day Panchayati Raj was introduced in our country to empower our villages, which are the strongest link of our Constitution. It inspired linking these two dates. For this reason, the Government of India, along with the cooperation of the State Governments, has launched a campaign – "From Gram Uday to Bharat Uday" – From the Rise of Villages to the Ascent of India, over the 10-day period between 14th April and 24th April.

It was my good fortune that on 14th April, the birth anniversary of Babasaheb Ambedkar, I got the opportunity to visit his birthplace Mhow and pay my respects at that sacred place. And today, on 24th April, I am going to Jharkhand, where mostly my tribal brothers and sisters stay. In Jharkhand I am going to celebrate Panchayati Raj Divas. At 3 in the afternoon I shall be talking to all panchayats of the country. This campaign has worked in a major way to generate awareness. How can the democratic institutions at the village level, in every corner of India, be strengthened? How can the villages become self-reliant? How can villages plan programmes for their own development? There should be due importance laid on physical and social infrastructure. There should be no school dropouts in villages and the campaign to educate the girl child (Beti Bachao, Beti Padhao Abhiyan) should be successfully carried out. The birth of the girl child should be celebrated in a big way. There should be some plans to do that. In some villages people organised food donation on this occasion. It happens very rarely that so many different

programmes go on at the same time in so many villages of India. I congratulate all the State Governments and the village heads. They have gone about these programmes in a very novel way for the welfare of villages, for the development of villages and for the strengthening of democracy. The awareness that has come about in villages guarantees a new progress for India. The foundation for the progress of India is the rise of its villages; so if we all keep laying stress on the progress of the villages, we shall continue to get the desired results.

Sharmila Dharpure from Mumbai has expressed her concern to me through her phone call. Sound byte-

"Mr. Prime Minister Namaskar. I am Sharmila Dharpure speaking from Mumbai. I have a question for you about the school and college education. For the last so many years, a strong need for reforms has been felt in the education sector. Either the required amount of schools and colleges are not there or else the quality in education is lacking. It has been often found that the children complete their schooling but they still don't have knowledge about the most basic things and so they lag behind in this competitive world. What are your views? How do you wish to bring about reforms?"

Sharmilaji, your concern is quite genuine. Today in every home, the first thing that the parents dream of is to give their children good education. A house, a car – all that comes later. And for a country like India, this common sentiment of the people is a very big force. To educate their children and educate them well, this concern for the children to get good education should increase further and a greater awareness should come about. I believe that when there is awareness in the family, it impacts the school and has an impact on teachers as well. The child is also aware of the purpose for which he or she goes to school. So I would appeal to all guardians and parents to give not just enough time and attention to their

children but also to everything that's happenings in their school. And if something strikes your attention, please go to the school and discuss it with the teachers yourself. Vigilance can be of help to reduce many shortcomings in the education system. People's participation will go a long way in achieving this.

Every Government in our country has laid stress on education and every Government has made efforts for it in its own way. It is true that for a long time our focus has been on setting up educational institutions, expanding the system of education, building schools, building colleges, recruiting teachers, ensuring maximum attendance of children. So priority has been given in a way to the spread of education. This was necessary. But today more than expanding education what is necessary is to improve the quality of education. We have already done a lot towards expanding education. Now we will have to focus on quality education. We will have to shift our priority from literacy campaign to good education. Till now we concentrated on the outlay for education. The time has come to focus on the outcome of it. Till now the stress has been on how many are attending school. From now onward, more than schooling, we will have to lay stress on learning. Till now we have heard the echo of the mantra of Enrolment! Enrolment! Enrolment! But now we will have to turn our attention to providing good education, worthy education to children who have made it to schools. You must have seen the Budget of the present government. An effort is being made to provide quality education. But it is true we still have a long way to go. If we, 125 crore Indians, resolve, we can cover that distance. Sharmila ji has rightly said that we do need to bring reforms for quality education.

You must have noticed in the Budget that we have decided to do something unconventional. In the Budget, we have made 10 government universities and 10 private

universities free from government control and asked them to accept the challenge to flourish on their own. We have asked them to come up with what they would like to do to become the best universities. We have done this with the intention of giving them a free hand. Indian universities can also compete with world class universities, and they should. Along with importance to education, there is importance to skill. Likewise, technology plays a very big role in education. Long distance education and technology will make the task of education simpler. I believe that the results of this move are going to be seen in the near future.

Since a long time people have been asking me questions on one topic. Some have written on my web portal mygov.in, others have written to me on NarendraModiApp. It's mostly the youth who write to me.

Sound Byte-

"Mr. Prime Minister Namaskar, I am Mona Karnwal from Bijnore. For the youth in today's age, along with studies, sports are also of great importance. They should have a feeling of team spirit and the qualities of a good leader for their overall holistic development. I state this from my own experience because I have served in the Bharat Scouts and Guides and this had a very good impact upon my life. I want you to motivate the youth as much as you can, and I want the government to also promote NCC, NSS and the Bharat Scouts and Guides as much as possible."

You people have been sending me so many suggestions that one day I felt that first of all I must talk to these people. It was under pressure from you people, following your suggestions, that I recently called for a meeting with the chiefs of NCC, NSS, Bharat Scouts and Guides, Red Cross and the Nehru Yuva Kendra. I asked them if they have ever had a meeting before, and they said that since Independence, this was the first time that they were attending

a meeting like this. So first I would like to felicitate my young friends who put pressure on me, the result of which was that I held this meeting. I felt glad that I met them. I felt the need for greater coordination. They are doing a lot in their own way but if work is done collectively, in an organized manner, then these various organizations of ours can bring about huge results. They are spread so wide, reaching out to so many families. I saw an answer in the way they had spread far and wide and were filled with enthusiasm, they had the resolve to do something. It's true that I myself have been a cadet in the NCC and so I know firsthand how one acquires a fresh perspective through such organizations. Children draw inspiration and develops a national perspective. I did get the benefit of that in my childhood. I believe that we should infuse a new life, a new force into these organizations. This time I put some issues before them. I told them that for this season why don't all these organizations and our youth make an effort for water conservation. We could collectively try and stop open defecation in so many blocks and so many districts. What kind of programmes can we make to unite our country? Can we have a common youth song for all these organizations? We spoke on many issues.

Today, I appeal to you all as well. Please suggest the perfect ideas for these youth organizations. Do we need to add anything new in their functioning and their programmes? If you write to me on my NarendraModiApp , I will send them to the right place. After this meeting, I feel they are going to gain a new momentum. Now even you will wish to join one of them.

My dear fellow citizens, I now wish to talk about something that will compel us all to think. I view it also as something that is going to shake us all. You must have seen for yourself that the political situation in our country is such that in the previous elections political parties made promises of giving each household 9 to 12 gas cylinders. And each

political party felt that if they had to politically approach the middle class society, then gas cylinder was a major issue. On the other hand, economists have put constant pressure to reduce the subsidy on gas cylinders. For this reason, many committees would sit which would receive many proposals and suggestions on the issue of lessening the gas subsidy. Crores of rupees would be spent on these committees. But the matter would remain at a standstill. This has been everybody's experience. No one ever thought beyond this.

Today, my dear fellow citizens, I have utmost pleasure in placing before you all my own account on this. I have chosen the third way out and that is the path of placing trust and confidence in the people and the masses. At times we political leaders should trust our people more than we trust ourselves. We should have implicit faith in the people. I had once said to you that if you can bear the expense of 1500-2000 rupees per year, then why don't you give up your subsidy on gas? This could be of use to poor households. I had said it just like that, but today I can say with confidence that I am indeed very proud of you all. One crore families have voluntarily given up their subsidy on gas cylinders. These one crore are not wealthy families. Among them are retired teachers, retired clerks, farmers, small shopkeepers. These are middle class and lower middle class families that have given up their subsidy. Now look at the other, rather unique, side of it. They could have given up their subsidy through the App on their mobile, going online or by giving a missed call over the telephone. There were many options. But it has been estimated that more than 80% of these one crore families chose to go to the distributor, stand in a queue and give in writing that they wish to surrender their subsidy.

My dear fellow citizens, this is not a small matter. If the government gives even a small concession on tax or exemption from tax, then for a whole week we hear praise for that government being splashed on TV channels and in

newspapers. Here, these one crore families have given up their subsidy. And in our country subsidy has turned into a kind of a right that people expect. A thing like that they have chosen to give up.

I would like to salute those one crore families. I humbly bow to them because they have compelled political leaders to think of coming up with something new. This has also forced the economists of the country to think differently. Even the global economic experts who used to live in a world of their calculations would find this phenomenon to be beyond their limits of traditional wisdom. At some point of time they will also have to think of this novel experience that has defied conventional thinking. One crore families giving up their subsidy on gas cylinders and in return one crore poor families getting gas cylinders with the money that is saved from the one crore families that have given up their subsidy. Externally, it appears just an incident But, its extraordinary lesson is that if you place faith in the people, it leads to most handsome achievements.

I would like to specially appeal to the entire political class to place implicit faith in the people. That will fetch such terrific results that one could have never ever imagined. We should move in this direction. I have always felt this way, like when I felt why Class 3 and Class 4 employees should be made to go through interviews. We should trust the person who has given the exams and submitted the marks.

Sometimes I feel that we should publicly announce that today on this route of the railways there will be no ticket checker. Let's see what happens when we place faith in the people of India. We can undertake several such experiments. Once we place faith and trust in the people of India, we can get incomparable results. Anyway, these are just some personal thoughts. We cannot make these into government rules but we can certainly create that kind of an atmosphere. This

atmosphere has not been created by any political leader but by one crore families of India.

A person called Ravi has written to me – "Good News Everyday — he writes — please ask your officials to post about one good incident every day. Each newspaper and news channel has bad news for its every 'breaking news'. Is there not anything good happening around in this country populated by 125 crore people? Please change this situation."

Ravi ji has expressed his anger but I think he is not venting his anger on me but on the prevailing conditions. You may remember that the former President of India, Dr A.P.J. Abdul Kalam, used to always say, "Please print only positive news on the front page of the newspaper". He used to continuously repeat that.

Some days back a newspaper had written a letter to me saying that they had decided that on Mondays they would not give any negative news but only positive news. These days I have noticed that some T.V. channels have begun setting aside some time for positive news.

So it is right to say that there is an atmosphere all around of positive news. And everybody feels that the people should get the right news and good news. It is true that even if the most highly placed men and women relate the best possible things in the best possible words and in the best possible manner, good news has a better impact than that. Good news becomes the greatest reason and inspiration to do something good.

It is true that the more we give prominence to good things, the less space there will be for bad things. If we light a lamp, the darkness is sure to be dispelled. You all must be aware that the government has started a website,transforming india. On this you get news of positive happenings, not just of the government but also of the people around. This is a portal where even you can send news of any good thing that's

happened to you. You can contribute to the site.

Raviji you have given a good suggestion, but please don't get angry with me. We all should strive together to do something positive, talk about something positive, to spread something positive.

There is one great speciality of our country — the Kumbh Mela. The Kumbh Mela can become the centre of tourist attraction as well. Very few know that since a long time, crores and crores of people have gathered on the river-banks for this festival. The peaceful atmosphere at the Kumbh Mela gives moments of tranquillity to the soul. These festivals, from the point of view of organization, event management and people's participation, set new and high standards. I have been noticing for the last two days that many people have uploaded pictures of the Simhastha Kumbh Mela. I would like the Tourism Department of the Government of India and the State Government to hold a photo competition on this occasion. People should be encouraged to take the finest photographs and upload them. What an atmosphere that would create. People will also come to know of the myriad and different activities going on in every corner of the Kumbh Mela. This can surely be done.

It's true that I met the Chief Minister of Madhya Pradesh recently and he told me that they have laid special emphasis on cleanliness. It is not that the cleanliness remains confined to that place. People should carry back the message of cleanliness with them. I believe that even if the Kumbh Mela is a religious and spiritual occasion, we can turn it into a social occasion. We can turn it into an occasion of imbibing good values. It can become a reason to carry good resolutions and good habits to all the villages. We should use each Kumbh Mela to make people aware of how we can increase our value for water, our faith in water; how we can spread the message of water conservation. We should do this.

My dear fellow citizens, I will surely meet you all once in the evening on this important occasion of Panchayati Raj Divas today. My heartiest thanks to you all. As always, the unshakeable bond between your inner thoughts and those of mine gives me immense pleasure.

Many thanks!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

My dear countrymen, namaskar!

Once again I have got an opportunity to talk to you about matters close to my heart, through 'Mann Ki Baat'. For me, 'Mann Ki Baat' is not a matter of ritual; I myself am very eager to talk to you. And I am really happy that I am able to connect with you all in every corner of India, through this programme 'Mann Ki Baat'. I am grateful to All India Radio that they have also been successfully broadcasting 'Mann Ki Baat' in regional languages at 8 pm. I am also very happy that the people who listen to me, later communicate their feelings to me through letters, telephone calls, the website MyGov.in and also through the NarendraModiApp. A lot of what you say is of great help to me in the functioning of the government. How active should the government be in terms of public service? How much priority should be given to public welfare activities? In terms of these matters, this dialogue, this link that I have with you all, is of great use. I hope that you will now be even more actively and enthusiastically involved in ensuring that our democracy should function with people's participation.

The summer heat is increasing day by day. We were hoping for some respite, instead we are experiencing continual rise in temperature. And in the midst of this came the information that the monsoon will perhaps be delayed by a week, which has added to the worry. Almost the entire country is reeling under the scorching impact of severe heat. The mercury continues to soar. Be it animals, birds or humans…everyone is suffering. These problems have been getting increasingly worse due to environmental degradation. Forest cover has kept receding due to indiscriminate felling of trees. In a way, the human race itself has paved the way for self-annihilation by destroying the environment.

5th June is World Environment Day. On this day, discussions expressing concern on the issue are held all over the world for saving the environment. This time on the occasion of World Environment Day, the United Nations has given the theme "Zero Tolerance for Illegal Wildlife Trade". This topic will, of course, be discussed, but we also must talk about saving our flora and fauna, conserving water, and how to expand our forest cover. You must have seen in the last few days how forest fires raged in the lap of the Himalayas in Uttarakhand, Himachal Pradesh and Jammu and Kashmir. The main cause of these forest fires was dry leaf littering combined with carelessness, which led to the massive inferno. And so, it becomes the bounden duty of each one of us, to save forests and save water.

Recently, I convered at length with the Chief Ministers of eleven states, reeling under severe drought- Uttar Pradesh, Rajasthan, Gujarat, Maharashtra, Madhya Pradesh, Chhattisgarh, Jharkhand, Karnataka, Andhra Pradesh, Telangana and, Odisha.

As per the conventional Government precedent, I could have had a combined meeting with all the drought affected states, but I chose not to do so. I had a one-on-one

meeting with each state, devoting about two to two and a half hours with each one. I carefully heard what each state had to say. Usually such talks do not go beyond discussion on how much money was granted by the Central Government state-wise, and how much money was actually spent by each state. Thus, it came as a surprise even to the officers of the Central Government that some states have indeed made some very commendable efforts related to water, environment, tackling drought, caring for animals as well as affected human beings. Based on inputs from all corners of the country, irrespective of the ruling party there, we found that we had to give a thought to finding not only permanent solutions but also devising practical ways and means to deal with this long-standing problem. In a way, It was a kind of a learning experience too for me. And I have told the Niti Aayog that they should work on how to incorporate the best practices across all the states.

Some states, especially Gujarat and Andhra Pradesh have made full use of technology. I would like that in future, through the Niti Aayog, the exceptionally successful efforts of these states should be applied to other states also. People's participation is a strong base for solving such problems. And for this, I believe that if there is a confluence of perfect planning, use of appropriate technology, and time-bound action, then we can achieve optimum results in drought management, for water conservation, to save every single drop of water. My faith is that water is a Gift from God. When we go to a temple, we are given an offering of Prasad and even if a small bit of that spills, we feel bad in our hearts. We not only pick it up but also pray five times for God's forgiveness. Water is also an offering form the God. Even if a drop of water is wasted, then we should feel remorse and pain. And so water storage, water conservation and proper water irrigation are all of equal importance. And so there is need for implementing the maxim 'Per Drop More Crop' through Micro-Irrigation

and cultivating crops that require minimal water intake. At present, it is indeed good news that in many states, even sugarcane farmers are using micro irrigation, some are using drip irrigation and some are using sprinklers. When I discussed with the eleven states, I noticed that even for cultivating paddy for production of rice, some of them had employed drip irrigation successfully and got higher yields, thereby also reducing the requirement for water as well as for labour. I also found that there were many states which had taken on very big targets, especially, Maharashtra, Andhra Pradesh and Gujarat- these three states have done massive work in the field of drip irrigation. And they are striving to bring every year 2 to 3 lakh hectares additional land under micro- irrigation. If this campaign gets underway in all the states, then not only will it benefit cultivation, but more water will also be conserved. Our farmer brothers in Telangana, through 'Mission Bhagirathi' have made a commendable effort to optimally use the waters of Godavari and Krishna rivers. In Andhra Pradesh, 'Neeru Pragati Mission' has been using technology for ground water recharging. People are devoting hard work and contributing financially as well to the mass movement that has been started in Maharashtra,. 'Jal Yukt Shivir' is one such people's movement which is really going to be of great help in saving Maharashtra from water crisis in the future- this is what I feel. Chhattisgarh has started the 'Lok-Suraj, Jal-Suraj' campaign. Madhya Pradesh has started the 'Balram Talaab Yojana'- and dug nearly 22,000 ponds, which is no small figure, work is also being carried out on their 'Kapil Dhara Koop Yojana.' In Uttar Pradesh there is 'Mukhya Mantri Jal Bachao Abhiyaan'. In Karnataka water conservation efforts are in the form of 'Kalyani Yojana', under which they are trying to revive wells once again. In Rajasthan and Gujarat there are many ancient baodis – deep tanks or masonry wells with steps going down to the water. These states are making a very big effort to revive these as 'water

temples'. Rajasthan has started the Chief Minister's Jal Swawalamban Abhiyan – Water Self Sufficiency Campaign. Jharkhand, although being a predominantly forest area, still has some parts which face water problem. They have launched a very big campaign for building 'Check Dams'. They have started an exercise to check and stop the flow of water. Some states have started a campaign and made a number of small dams at distances of 10 to 20 kilometres in the rivers themselves to check the flow of water.

This is a wonderful experience. I urge the people of India that during this June, July, August September, we should resolve that we shall not let a single drop of water be wasted. We should decide right now upon the places where we can conserve water and where we can check the flow of water. The Almighty blesses us with water according to our needs, nature fulfils our needs. But if we become careless during the abundance of water and then during the lean water season land into trouble due to water scarcity, how can this be allowed? And the issue of water is not just for the farmers. This concerns everybody – the villages, the poor, the labourers, the farmers, the urban people, the country folk, the rich and the poor. And for this reason, now that the rainy season is approaching, saving water should be our priority. And when we celebrate Diwali this time, then we should also revel in how much water did we save; how much water we stopped from flowing out. You will see for yourselves that our joy will increase manifold. Water has this power, no matter how tired one is, just a bit of water splashed on the face makes one feel so refreshed. No matter how tired we are; when we see a large lake or an ocean, how magnificent that sight is. What a priceless treasure it is bestowed upon us by the Almighty! Just connect to it with your heart. Conserve it! We should harvest water. We should also store water. We should also modernise water irrigation. This I say as an earnest appeal. We should not let this season go waste. The coming

four months should be transformed into a Save the Water Campaign, to save every drop of water. And this is not just for the governments, not just for the politicians, it is a work to be carried out by the people at large. Recently the Media reported about the water crisis in great detail. I hope that the Media will show the path to the people on how to save water, start a campaign, and also share the responsibility to free us from the water crisis forever; I invite then as well.

My dear Countrymen, we have to build a modern India. We have to make a transparent India. We have to make many services uniformly available across the entire country from one corner to another. So we will have to change some of our old habits as well. Today I want to touch upon one topic in which if you can be of help to me, then we can together achieve progress in that direction. We all know and we were taught about it in school that there was a time when there were no coins, no currency notes; there was a barter system. If you wanted vegetables you could give wheat in return. If you wanted salt, you could give vegetables in exchange. Business was carried out only through the barter system. Then gradually came currency, coins came, notes came. But now times have changed. The whole world is moving towards a cashless society. Through the facility of electronic technology, we can get money and also give money; we can buy things and pay our bills too. And with this there is no question of our wallets getting stolen from our pocket. We need not worry about keeping an account; the account will be maintained automatically. In the beginning it may appear to be a bit difficult, but once we get used to it, then this arrangement will seem very easy for us. And this possibility is there because under the Pradhan Mantri Jan Dhan Yojana that we have started recently, nearly all the families in the country have had their bank accounts opened. On the other hand, they have also got their Aadhar numbers. And the mobile phone has reached the hands of almost every Indian. So Jan Dhan,

Aadhar and Mobile – Jam – J. A. M. Synchronising these three, we can move ahead towards a cashless society. You must have seen that along with the Jan Dhan account people have been given a RuPay card. In the coming days this card is going to be useful as both- a credit and a debit card. And now-a-days a very small instrument has come which is called 'point of sale'- P. O. S. – 'Pos'. With the help of that, be it your Aadhar number or your RuPay card, if you have to pay money to someone, you can do it through that. There is no need to take out any money from your pocket and count it; there is no need to carry around any cash with you. One of the initiatives in this regard taken by the Government of India is about how to make payments through 'Pos', how to receive money. The second endeavour we have started is Bank on Mobile. The 'Universal Payment Interface' banking transaction- UPI will change the way things work. It will become very easy to do money transactions through your mobile phone. And I'm happy to tell you that the N.P.C.I. and banks are working together to launch this platform through a mobile app. If this happens, perhaps you may not even need to carry a RuPay card with you.

Across the country, nearly 1.25 lakh young people have been recruited as banking correspondents. In a way we have worked towards providing the bank at your door step. Post offices have also been geared up for banking services. If we learn and adapt ourselves to use these services, then we will not require the currency, we will not need notes, we will not need coins. Businesses will function automatically, resulting in a certain transparency. Under-hand dealings will stop; the influence of black money will be reduced. So I appeal to my countrymen, that we should at least make a beginning. Once we start, we will move ahead with great ease. Twenty years ago who would have thought that so many mobiles would be in our hands. Slowly we cultivated a habit and now we can't do without those. Maybe this cashless

society assumes a similar form. But the sooner this happens, the better it will be.

My dear countrymen, whenever the Olympic games come around, and when these begin, we sit and clutch our heads and sigh, "we were left so far behind in the tally of gold medals… did we get a silver or not… should we do with just a bronze or not…" This happens. It is true that in the field of sports we face a lot of challenges. But an atmosphere for sports should be created in the country.

To encourage the sportspersons who are leaving for the Rio Olympics, to boost their morale, everyone should try in one's own way. Someone could write a song, someone could draw cartoons, someone could send messages with good wishes, somebody could cheer a particular sport, but on the whole a very positive environment should be created in the entire country for these sportspersons. Whatever may be the result, a game is a game, one can win or lose, medals are won sometimes and sometimes not; our spirits should always soar high. And as I speak, I would like to mention our Sports Minister Shri Sarbanand Sonowal for a gesture that has touched my heart. Last week all of us were busy in the ups & downs of Assam election results. Shri Sarbanandji himself was leading the campaign. He was the Chief Ministerial candidate; but he was also the Union Minister. And I was very happy when I came to know that one day before the Assam election results, he discreetly reached Patiala in Punjab. You must be aware of the Netaji Subhash National Institute of Sports- N.I.S. – where the sportspersons going for the Olympics are trained. They all are there. He suddenly reached there, much to the surprise of the sportspersons. And it was a matter of surprise for the world of sports as well, that a Minister personally cares for our sportspersons. What are the arrangements for them? How is the food? Are they getting nutritious food according to their needs or not? Are the appropriate trainers for their body fitness present there? Are

all the training machines functioning properly? He surveyed everything in great detail. He personally inspected each and every sportsperson's room. He spoke to all the players in great detail. He had a word with the management and trainers; he himself ate with the sportspersons. With election results being due, with the distinct possibility of a new responsibility as a Chief Minister, and yet if one of my colleagues, in the capacity of a Sports Minister, displays such concern for his work, then it gives me great joy. And I am confident that like this, we should all realize the importance of sports, we should encourage the people in the world of sports, encourage our sportspersons. This becomes a source of strength in itself, when the sportsperson feels that his 125 crore countrymen are with him, his morale gets boosted.

Last time I spoke to you about the FIFA Under 17 World Cup and recently I got to see the suggestions that have come pouring in. And these days I have noticed that a conducive atmosphere for Football can be seen in the whole country. Many people are taking an initiative to form their own teams. I have received thousands of suggestions on the NarendraModi Mobile App. Maybe many people don't play the game themselves, but hundreds of thousands of young Indians have displayed such keen interest in the sport, this by itself was a very delightful experience for me. We all know the bond that India has with Cricket, but I saw the same passion for Football as well, and this by itself heralds a very positive signal for the future. For all the selected candidates for the Rio Olympics, and for our favourite sportspersons, we should create a cheerful and positive atmosphere. We should not judge everything in terms of victory and defeat. India should be known in the world for its spirit of sportsmanship. I appeal to my countrymen to contribute their bit in creating an atmosphere that boosts the spirits and enthusiasm of our athletes.

In the last week or so, results have been pouring in

from all over the country…. and I am not talking about election results… I am talking about those students who slogged for the entire year, those of 10th and 12th Class. It is clear that our daughters are marching ahead triumphantly. It is a matter of joy. To those who have succeeded in these exams, I extend my congratulations and felicitations. And those who were not able to succeed, I would like to tell them once again that there is a lot to do in life. Life does not get stuck if we do not get results according to our expectations. We should live with hope, we should move ahead with confidence.

But I have been confronted with a new type of question, about which earlier I had never given a thought. I've received one email on MyGov.in site, which drew my attention. One Mr. Gaurav, Gaurav Patel of Madhya Pradesh writes that in the M.P. Board exam he has secured 89.33% marks. Reading this I felt elated. But in his continued narration, he tells us his tale of woes. Gaurav Patel says that Sir, afte securing 89.33% marks when I reached home, I was thinking that I would be congratulated by my family and friends, I would be applauded. But I was amazed when everybody in the house, friends and my teachers said the same thing, “Oh Dear, if your had secured just 4 more marks, you would have made it to 90%”. So it seems that my family, my friends, my teachers, nobody was pleased with my 89.33% marks. Everyone was lamenting that I missed my 90% by four marks. Now I'm perplexed and don't know how to handle the situation. Is this all to life. Was what I did not good enough? Did I not prove myself? I don't know but I feel a burden on my heart and mind.

Gaurav, I have read your letter very carefully. And I feel that perhaps this pain is not just yours; like you there are many lakhs and crores of other students who share the same pain. Because nowadays there is a trend that instead of finding satisfaction in what we have achieved, we tend to express our dissatisfaction in not achieving unrealistic goals.

This is another form of negativity. We can never guide society towards the path of satisfaction if we always find dissatisfaction in everything. It would have been better if your family members, your class mates and your friends had appreciated your 89.33%. Then you would have felt motivated enough to do a lot more. I would like to urge guardians, parents and people all around, to please accept, welcome and express your satisfaction over your children's results, and motivate them to surge ahead in life. Else, it might happen that a day will come when he brings 100% marks and you will say that, “you have got 100 percent! But still, had you done something more, it would have been better!” There is a limit to everything and that should be accepted.

Santosh Giri Goswami has written to me from Jodhpur something similar, almost along the same lines. He says that the people around him just don't accept the results. They say that you should have done something better. There was a poem I had read long ago. I don't remember the complete poem. The poet had written something like this – “I painted a picture of my anguish on the canvas of life. And when it was exhibited, almost all the visiting people commented that it needed some touching up. Someone said, 'yellow here would have been better in place of blue.' Someone said, 'This line would have been better situated there instead of here.' I wish some odd visitor had also shed a tear or two over the picture of my anguish.” I don't remember if these were the exact words of the poem, as I read this poem way back. But nobody was able to grasp the pain depicted in that picture; everyone just spoke of touching it up.

Santosh Giriji, you have the same problem that Gaurav has. And there must be crores of students like you. You have the burden on yourself of fulfilling the expectations of millions of others. All that I would like to say to you is that in such a situation, don't lose your balance. Everyone expresses their expectations; just keep listening, but stick to

your point and make an effort to do something even better. But if you are not satisfied over what you have got, you will never be able to create something new. The strong foundation of one success becomes the foundation for another greater success. The dissatisfaction arising out of success never becomes a ladder to success; it guarantees failure. And so I would like to appeal that you should sing in celebration of the success that you have achieved. Possibilities of newer successes will arise out of success achieved earlier. I would like to appeal to parents, friends and neighbours that please don't impose your expectations upon your children. And friends, does our life come to a standstill if we meet with failure sometimes. Sometimes one is not able to score good marks in exams, but he or she surges ahead in sports, or does well in music, or excels in the fine arts, or forges ahead in business. God has gifted each one of us with a unique talent. Please recognize your internal strength, build upon it and you will be able to march ahead. And this happens everywhere in life.

You must have heard of the musical instrument called santoor. There was a time when the santoor was associated with the folk music of the Kashmir valley. But it was Pandit Shiv Kumar (Sharma) whose magical touch transformed it into one of the prime musical instruments of the world. Shehnai once had a limited space in the world of music. It was mostly played at the threshold of the courts of emperors and kings. But Ustad Bismillah Khan's mastery over the Shehnai made it one of the finest musical instruments in the world; it has now carved an identity of its own. And so you should stop worrying about what you have and how is that. Just concentrate on what you have and devote your utmost with that you are sure to reap handsome rewards.

My dear countrymen, sometimes I notice that the money that our poor families have to spend on their healthcare, throws their life off the track. It is true that while

one has to spend little on preventing illness, the expenditure incurred on regaining health after you have fallen ill, is a lot more. Why can't we lead life in such a way that we don't ever fall sick and no financial burden falls upon the family. Cleanliness is one of the strongest protections from disease. The greatest service that can be rendered to the poor is by maintaining cleanliness. And the second thing that I constantly urge you to do is Yog. Some people also call it Yoga. 21st June is the International Day for Yog. People are not only attracted to Yog the world over, they have implicit faith in it and the whole world has embraced it. This is a priceless gift handed over to us by our ancestors, which we have given to the world. To the world which is filled with stress, Yog gives the power to lead a balanced life. Prevention is better than cure. A person practicing Yog, can easily have the achievements of staying healthy, maintaining balance, being richly endowed with a strong will power, nurturing supreme self confidence and to have concentration in every task one does. 21st June, International Yog Day is not just a mere event. It should spread wide, it should find a place in every person's life. Each person should take 20-25-30 minutes out from his daily routine and spend it on practicing Yog. And for this, the International Yog day on 21st June gives us the inspiration. These collective occasions do become a reason for effecting positive change in an individual's life. I do hope that on 21st June, wherever you may be, please take the initiative; you have a month with you. If you visit the website of the Government of India, the syllabus for this time, which 'asanas' you have to do, how one has to do them, all that has been described in it. Have a look at it. Do get these followed in your village, in your mohallas, in your city, in your school, in your institution, even in offices. Start it from now, one month in advance and you will be a participating partner on 21st June. I have read it several times that there are offices where on a regular basis, when they first

meet in the morning, they begin with Yog and Pranayam and the efficiency of the entire office increases. The whole culture of the office gets transformed and the environment also undergoes a positive change. Can we make use of 21st June to bring Yog into our lives? Can we use it to bring Yog into our social life? Can we use it to bring Yog into our surroundings? I will be going this time to Chandigarh to participate in the programme on 21st June. I shall be doing Yog with the people of Chandigarh. You too must connect yourself with it when the whole world will be doing Yog on that day. I urge you all not to get left behind. Your staying healthy is very important to make India healthy.

My dear country men, through Mann Ki Baat, I connect with you regularly. I had given all of you a mobile number earlier, which you could use for listening to 'Mann Ki Baat' by giving a missed call on that number. But now we have made it a lot simpler. Now, to be able to listen to this programme, all you have to do is to dial just four digits. That four digit number is 1-9-2-2 . I repeat …One- Nine- Two - Two. By giving a missed call on this number, you will be able to listen to 'Mann Ki Baat' at any time, wherever you are and in any language of your choice.

My dear countrymen, Namaskar to all of you once again! Please don't forget what I had said about water. You will remember it, won't you? Okay! Thank You. Namaste!

26 June 2016

My dear countrymen, my greetings (namaskar) to you all

Last year, we had to endure so many trials – the scorching heat of the summer, scarcity of water, drought conditions and so on. However, the past two weeks have been the harbinger of the welcome news of rainfall from different places, bringing in its wake a feeling of freshness. You too must have felt it. Going by the predictions of the scientists, this time there should be good rainfall, far and wide and throughout the rainy season. This news in itself charges us with a lot of enthusiasm. I extend my greetings to all our farmer brethren hoping for a bountiful rainfall.

In our country, like the toiling farmers, our scientists are also achieving success on many fronts to take our country to new heights. I have believed it right from the beginning that the new generation should nurture the dream of becoming scientists, should have keen interest in Science, and our youngsters should step forward with the zeal to do something for the coming generations. I also want to share another bright

news with you. Yesterday I had gone to Pune, on the occasion of the anniversary of the Smart City Project. Over there I met those students of the Pune College of Engineering, who on their own have made a satellite, which was launched on 22nd June. I had called them to meet me, as I had a wish to see these young friends of mine, to interact with them and to experience firsthand the energy and enthusiasm within them. For the past many years, several students have made their contributions to this project. In a way, this academic satellite is a living example of the soaring flight of courage and ambition of the young India. That has led these our students to make this satellite. The dreams behind this small satellite are big and lofty; they soar high into the sky; the efforts put in by them are very intense. On similar lines as achieved by these Pune students, the students of Satyabhama University of Chennai in Tamil Nadu also created their satellite; and their SathyabamaSAT has also been launched. We have been hearing these things since childhood, and every child wishes deep inside his heart to touch the sky and grab a few stars. Keeping this in mind, in my opinion, these two satellites made by the students and launched by ISRO, are extremely important and most valuable. All these students deserve hearty congratulations. I also want to congratulate the people of the country that on 22nd June, our scientists at ISRO launched 20 satellites simultaneously into space, and in the process set a new record, breaking their own previous records. And this is also a matter of joy that of the twenty satellites which were launched in India, 17 satellites were from other countries. Along with America, the satellites of many other countries were launched on Indian soil by Indian scientists and along with these, those two satellites made by our students also reached outer space. And it is also noteworthy that owing to its guarantee of success with lesser cost, ISRO has carved its special place in the world. And for this very reason, many countries of the world are today

looking towards India for the launching of their satellites.

My dear Countrymen, “Save the Girl Child, Educate the Girl Child” (Beti Bachao, Beti Padhao), has already become the Mann Ki Baat, the heartfelt wish of all the people of India. Still, some incidents infuse a new life into this slogan. This time in the results of 10th and 12th classes, our daughters have been doing wonderfully well, which is a matter of pride. And my dear countrymen, there is another significant event that all of us should take pride in. On 18th June, the Indian Air Force for the very first time inducted its first batch of women fighter pilots. You get goose pimples just at the mention of 'women fighter pilots'; we feel so proud that these three Flying Officer daughters of ours- Avni Chaturvedi, Bhawna Kanth and Mohana, have achieved this great feat. What these three daughters have accomplished is truly special. Flying Officer Avni is from Rewa in Madhya Pradesh, Flying Officer Bhawana is from Begusarai in Bihar and Flying Officer Mohana is from Vadodara in Gujarat. You must have noticed that all these three daughters do not hail from metro cities of India. They do not even come from the capital cities of their respective states. Despite hailing from small cities and towns, they nurtured dreams as high as the sky, and they also made them come true. I extend my heartiest wishes to these three daughters Avni, Bhawana and Mohana as well as their parents.

My dear Countrymen, a few days ago on 21st June, the whole world organised grand shows in observance of the anniversary of the International Day for Yoga. As an Indian, when we witness the entire world coming together through Yoga, we realize that the entire world is getting linked with our past, present and future. We are forging a unique bond with the rest of the world. In India too, the International Yoga Day was celebrated at over 1 lakh places, with a lot of fervour and enthusiasm in myriad forms and hues, and in an atmosphere of gaiety. I also got an opportunity to perform

Yoga in Chandigarh amidst thousands of Yoga lovers. It was worth watching the zeal of the young and old alike. You must have seen that last week the Indian government issued a postage stamp on 'Surya Namaskar' on the occasion of International Yoga Day. This time, people all over the world, on Yoga Day, were witness to two special events. One was at New York City where the United Nations Organisation -UNO Head Quarters building is located. A special projection depicting different postures of the various yoga asanas was organized on top of that building. And passersby kept taking pictures of these, and these pictures soon were being shared all over the world. Tell me, which Indian would not feel proud at such happenings? One more interesting thing happened. Technology is at work. Social media has created an identity of its own. And this time Twitter carried out a light hearted pleasant experiment in Yoga with its 'Yoga imaging'. As soon as we typed 'hash tag yoga day', we would immediately get a picture of a yoga image on our mobile. And this image too went viral all over the world. Yoga by itself means adding – getting connected. Yoga has the power to connect the entire world. But for that to happen, first all of us need to get connected to Yoga.

Swati Srivastava from Satna in Madhya Pradesh, called me up on telephone after the Yoga Day and left a message for all of you but it seems that it pertains more to me: –

Sound Byte: "I wish that my entire country should be healthy and all the poor people also should remain free from diseases. For this I want that among the many ads that are played on Doordarshan, there should be one ad on Yoga, how it is to be done, and what are its benefits?"

Swati ji, your suggestion is very good, but if you observe carefully you will notice that not just on Doordarshan, but these days in India and outside India too,

the Indian T.V. channels and channels of other countries are pitching in with their contribution to propagate Yoga. They all are shown at different times, but if you watch carefully, all these things are being done to disseminate information about Yoga. And I have seen that there are some countries in the world which have T.V. channels exclusively dedicated to Yoga 24 hours a day. And you probably know that, during the month of June, in view of the International Yoga Day, I used to share a video everyday of one particular asana of Yoga through Twitter and Face Book. If you go to the website of the Ministry of Ayush, you will see available there a 40-45 minutes very good video demonstrating one after another, different kinds of yog asanas for different parts of the body that you can do, people of all ages can do. To you and through you to all the people interested in Yoga, I would like to exhort to get connected to it.

This time I have made an appeal. When we say that Yoga is a way to rid oneself of illnesses, then why don't we bring together all the different schools of thought of Yoga, which have their own methods, their own priorities and their own experiences. But all of them share the same final goal. All the prevalent systems of Yoga, all the functioning Yoga institutions, all the different Yoga Gurus, I have urged all of them to run a successful campaign this entire year on how to defeat Diabetes through Yoga. Can we control Diabetes through Yoga? Some people have been successful in that. Everyone has searched for a wayin this regard. And we know that there is no definite cure for Diabetes. One has to manage it with medicines. Diabetes is the master switch that triggers all other illnesses. It becomes an entrance for many other diseases. And so everyone is wary of Diabetes. A lot of people have worked in this direction. Some diabetic patients have also been able to control it thorough their yogic practice. Why don't we share our experiences with other people to impart a momentum to this endeavour and create a kind of atmosphere

for it for an entire year? I urge you to use– “Hashtag Yoga Fights Diabetes” I repeat- “Hashtag Yoga Fights Diabetes”. Use this Twitter handle and share your experiences on social media. Or send them to me on NarendraModiApp. Let us see what the various experiences are. At least, give it a try. I invite you to share your experiences on “Hashtag Yoga Fights Diabetes”.

My dear countrymen, sometimes my 'Mann Ki Baat' is ridiculed a lot and is criticized much also. However, this can only happen because all of us are committed to democracy. But today, as I speak to you on 26th June, and I want to especially say this to the new generation that this democracy that we take pride in, this democracy that has granted great power to us, every citizen has been empowered… but 26th June 1975 was also a day… the night of 25th June and the next morning, was a dark hour for the democracy of India when Emergency was imposed in India. All the rights of the citizens were suspended. The country was turned into a prison. Lakhs of people along with Jai Prakash Narain, thousands of leaders, many organisations were put behind bars. Many books have been written on that dark period. Many discussions have been held on it. But today, as I talk to you all on 26th June, we should not forget that our strength lies in our democracy. Our strength lies in the people's power. Our strength lies in each and every citizen of our country. We have to carry forward this commitment and make it stronger. And it is this people's power which has sustained democracy as its living embodiment. There might have been locks on newspaper houses, radio might have been speaking just one kind of language, still on the other hand, given the opportune moment, the citizens give an example of the power of Democracy. A great example of the democratic strength of the common people was witnessed during Emergency. And we must keep reminding our country of its democratic strength from time to time. And our endeavour should be to make

people aware of their power and to always have the tendency to further strengthen it by linking more and more people to it. I always stress that Democracy doesn't merely mean that people vote for you and give you the contract to run this country for five years. Certainly Not! Voting is certainly an important component but there are many other facets of democracy. And the biggest dimension is that of people's participation, their attitude, their thinking. And the more the governments get connected with the people, the stronger they become. The chasm between the governments and the people leads to ruin. My endeavour has always been to ensure that the nation moves forward on the strength of people's participation.

Recently, when my government completed two years of functioning, some young people of modern thinking suggested, “When you talk such big things about democracy, then why don't you get your government rated by the people also.” In a way it had a tone of challenge as well as advice. But that stirred my mind. I raised this topic with some of my senior colleagues. Their first reaction was, “Oh no! Sir! What are you thinking of doing? These days technology has changed so much that if people get together and form a group and if they decide to misuse technology, then who knows in which direction they might take forward this survey.” They thus expressed their concern. But I felt, “No, we should go ahead even if it is a risk. We should give it a try and see what happens. Now a lot of surveys are conducted after the elections, during the elections, at other times also over some issues, sometimes to gauge the popularity, but the sample size of these surveys is not very big. However, my dear countrymen, I am happy to state that when I, through the medium of technology, using different languages, appealed to the masses to rate my government, a lot of people amongst you have expressed your opinion on 'rate-my-government-MyGov. In.' Lakhs of you displayed your interest in this but 3

lakh people devoted their time and put in serious effort for giving an answer to each and every question. I am grateful to these 3 lakh people that they displayed a lot of self initiative in rating the government. I won't discuss the results. Our media persons are sure to do that. But I can say for sure that it was a good experiment. And this was a matter of joy for me that people speaking all the languages of India, residing in every corner of the country, hailing from all types of background… all of them participated in it. And the biggest thing was… and this, of course, came as a surprise to me… that maximum number of people took part in this exercise through the portal of the website of the Rural Employment Scheme which is being run by the government. Thus, my primary impression is that there has been a large and active participation of people connected to rural India and poverty issues. This I liked the most. So you have seen that while on 26th June some years ago the voice of the people was stifled, now is the time, when the people make their decisions, they judge whether the government is doing the right thing or not, is performing well or poorly. This is the real power of democracy.

My dear countrymen, today I want to make a special appeal for one thing. There was a time when taxes were so pervasive, that it became a habit to avoid taxation. There was a time when there were many restrictions imposed on bringing foreign goods into the country which gave rise to a lot of smuggling. But gradually, times have changed. Now it is not very difficult for the taxpayer to get connected with the taxation system of the government. But even then, old habits die hard. One generation still feels that it is best to keep away from the government. Today I want to impress upon you that we end up losing our peace of mind by trying to escape from rules and regulations. As a result, anybody can trouble and harass us. Why should we let this happen? Why don't we, on our own, give the correct details of our income and property to the government, so that we can rid ourselves from the

burden of hitherto undeclared assets? I appeal to the countrymen to do this. To the people who have undisclosed income, the Government of India has given a chance to declare such income. The government has presented before the country a special facility to disclose undisclosed income by the 30th of September.

We can be free ourselves of various burdens just by paying a fine. I have also promised that for those who voluntarily declare to the government their assets and their undisclosed income, then the government will not conduct any kind of enquiry. Not once will it be asked as to from where all this wealth came and how it was acquired. And so, this is a good chance for you to become a part of a transparent system. At the same time, I want to tell the people of the country that please consider this plan, which is up to 30th September as your last chance. In between, I had even told the Members of the Parliament that after 30th September if any citizen is put through any difficulty, the one who does not want to follow due rules of government, then it will not be possible to help them. I want to say this to the people of the country that we do not wish that after the 30th September anything should happen that will cause difficulties for you. And so I say that please avail of this facility before this date and save yourselves from any possible trouble after the 30th of September.

My dear countrymen, I had to talk about this in Mann Ki Baat today because recently I held a two-day conclave with the Revenue Departments- all the officials of the Income Tax, Customs and Excise Departments. And I have told them in clear words that we should not perceive citizens as crooks. We should have trust and faith in the citizens. We should hold hands with them. If they want to follow rules, we should encourage them, and lovingly help them cross over. It is important to build an atmosphere of trust. We shall have to bring about a change through our conduct. We shall have to

reassure the taxpayer. I stressed this upon them and I noticed that they too realized that today when the nation is surging ahead, all of us must contribute to it. And when I was taking inputs from them in this conclave, I gathered information which I want to share with you as well. None of you will believe that in a country of 125 crore people, one and a half, only one and a half lakh people exist, whose taxable income is more than 50 lakh rupees. Nobody will be able to swallow something like this. People having a taxable income of more than 50 lakh rupees can be seen in big cities in large numbers. Just looking at their bungalows worth 1 or 2 crores, one wonders how they can be in a tax bracket of less than 50 lakhs. This means that there is something wrong somewhere. We have to change this situation. And this has to change before 30th September. Before taking any extreme steps, the government must give a chance to the people. And so my dear brothers and sisters, this is a golden chance for you to disclose your undisclosed income. And in another way, this is the way out to save yourself from any trouble that could arise after 30th September. I urge you to come forth in this task for the betterment of our country, for the upliftment of the poor. And I do not want that you should face any problems after 30th September.

My dear countrymen, the common man of this country is always looking for a chance to do something for the country. When I asked the people to give up their cooking gas subsidy, more than 1 crore families of this country voluntarily gave up their subsidy. And now I want to cite an example especially for those people who have undisclosed income. Yesterday when I went to Pune for the Smart City programme, over there I got the chance to meet Shri Chandrakant Damodar Kulkarni and his family. I had called them especially to meet me. And what was the reason? Anyone who has ever evaded tax, my words may or may not inspire that person, but the example of Shri Chandrakant

Kulkarni is sure to inspire him. Do you know what the reason is? Shri Chandrakant Kulkarni is an ordinary man who belongs to an average middle class family. He used to work for the government. Then he retired. He receives a pension of sixteen thousand rupees. And my dear countrymen, you will be surprised to hear, and those who are in the habit of evading tax will get a shock to know that Chandrakant Kulkarni Ji, who gets a pension of only rupees sixteen thousand, some time back wrote a letter to me saying that out of his pension of 16,000, he voluntarily wants to donate Rs. 5000 per month for the Cleanliness Campaign. And not just this, he sent me 52 cheques, post dated, which bear a date for each forthcoming month. We certainly do not have any right to evade tax in this country where there is one such government employee, who after retirement, out of a pension of mere sixteen thousand rupees, gives five thousand for the Cleanliness Campaign. No one could be a greater source of inspiration than Chandrakant Kulkarni. And for the people who are associated with the Cleanliness Campaign also, there could be no better inspiring example than Chandrakant Kulkarni. I called Chandrakantji face to face. I met him and his life has touched my heart. I express my felicitations and admiration for the Kulkarni family, I congratulate them. And surely there must be countless people like them about whom I have no information. These are the very people… and this is the power and strength of the masses. A man with a pension of sixteen thousand rupees sends me cheques worth two lakhs, sixty thousand in advance, is this a small thing? Come, let us search deep down inside our hearts, and ponder over the fact that the government has given us an opportunity to disclose our incomes. While thinking of Chandrkant Kulkarni, let us also follow him.

My dear countrymen, Santosh Negi from Pauri Garhwal in Uttarakhand, has called up to relate one of his experiences. He has given a message regarding water

conservation. Friends, his experience can be of use to you as well: –

Sound Byte: "Drawing inspiration from you, in our school, before the onset of monsoon we dug 250 small trenches which were 4 feet deep, along the side of the playground, so that rainwater could be collected in these. This way the play ground remained unspoilt and there was no danger of children drowning in these… and we managed to save crores of litres of rainwater which fell on the playfield."

Santoshji, I would like to thank you for sending me this message. Pauri Garhwal is a hilly area where you have done such splendid work. You deserve congratulations for that. The people of our country should certainly enjoy the rains but let us also be mindful that this is a holy gift from the Almighty. This is a limitless wealth. We should make every effort to conserve every single drop of water. How can we retain the rainwater of the villages there itself and similarly preserve rainwater of cities therein. To recharge Mother Earth once again, how can we replenish water back to the earth? If there is water today, only then can there be a tomorrow. Water is the basis of all life. An atmosphere has certainly been created in the country. Lately, in all the states a lot of measures have been taken for water conservation. But now that we are going to have the bounty of rain water, we must see to it that it doesn't just flow away. We are so concerned about saving lives; we should be equally concerned about saving water.

My dear countrymen, you already know that number 1922 …it must have become a part of your memory by now. … 1-9-2-2 . This 1922 is one such number that if you give a missed call to it, you can listen to Mann Ki Baat in the language of your choice. By listening to Mann Ki Baat, at the time of your convenience, in the language of your choice, you too can make up your mind and resolve to contribute to the journey of the nation's progress.

My namaskar once again to all my countrymen,

Thank You.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

31 July 2016

My dear countrymen, Namaskar!

Early this morning, I had an opportunity to spend some time with some young people from Delhi. And I believe, in the days to come, the spirit and fervor of sports will envelop every young person in the country. All of us know that in a few days time, the world's largest sports event, the biggest sports carnival will take place. RIO is going to resound in our ears time and again. The entire world will be at play… every country in the world will keep a close watch on the performance of its sportspersons; you too will be doing the same. All of us harbour a lot of hopes and expectations, but keeping the morale of our sports contingent at RIO high is also the solemn duty of us 1.25 billion countrymen. In Delhi this morning, the Government of India had organised a very good event, 'Run for RIO', 'Play and Live', 'Play and Blossom'. In the days to come, wherever we are, let us do our bit to encourage our sportspersons. A sportsperson, who makes it to this stage, does so after putting in a lot of hard work. It's a kind of severe and dedicated 'tapasya'. However much one cherishes all kinds of food, one has to sacrifice that. However much one would like to snuggle up in warmth

during a harsh winter, one has to just get up and leave for the track and field. And this happens not just to the players. Even their parents leave no stone unturned for the sake of their children. Sportsperson are not made overnight; it takes long and sustained perseverance to attain that stature. Victory and defeat are certainly important, but what is even more important is reaching this level in a game or sports discipline and, therefore, let all of us Indians join hands in wishing our RIO contingent the very best. I'm also ready to do this on your behalf; the prime minister of the country is ready to be a postman to convey your good wishes to these players. Do send your best wishes to our sportspersons in Rio on the 'NarendraModi App'. I'll convey these to our contingent. Just like 1.25 billion Indians I too as a citizen would like to join you in encouraging them, cheering them up. Come, over the next few days, let us try to the fullest extent possible to make each one of our sportspersons feel proud, to reward them for their endeavours and exertions; and today, as I speak on the Rio Olympics, I would like to mention the name of a poetry lover, Suraj Prakash Upadhyay a student of the Punjab Central University, who has sent me a poem. It's possible that many poets would have written poems, some may be planning to write, some may even compose their verses into songs, in all languages. But here I would like to share with you the poem sent by Suraj Ji.

”The games bugle's been sounded
The festivities of competitions
In this mega sporting odyssey
Amidst the melodious chimes of RIO
May India commence on a grand note
May it rain gold, silver and bronze!
May India commence on a grand note
May it rain gold, silver and bronze!
May the turn be ours also this time
May we be amply prepared this time

Set your sight straight at the Gold
But let a loss not deject you
You are a hero to a billion hearts
You are the heartbeat of your sport
March ahead and set records
Let our tricolour flutter with pride in RIO
Let our tricolour flutter with pride in RIO.

Suraj Ji, I dedicate your sentiments to all our sportspersons and extend to them the warmest and heartiest wishes from my side and on behalf of us 1.25 billion countrymen, that our tricolour indeed flutters with joy and pride in the skies of RIO.

A young man Mr. Ankit has reminded me of the death anniversary of President Abdul Kalamji, which was observed last week. The country, in fact the world paid glowing tributes to him. The mere mention of Abdul Kalamji's name brings to mind vivid images of science, technology, missiles – in fact the entire spectrum of strengths and capabilities of India in the days to come. And that's why Ankit asks me… What is your government doing to ensure that Abdul Kalamji's dreams come true? You are right. The future is going to be technology driven. And technology is extremely dynamic. Day by day, technology keeps updating, changes form, transforms its impact. You cannot shackle technology. If you strive to hold it still, it would move beyond your grasp assuming new looks and forms. If we have to match its strides and move ahead, research and innovation are the keys, these are its lifelines and moving spirit. In the absence of research and innovation, technology will become a burden, just as still water stagnates and even stinks. And if we go on just using old technology without recourse to research and innovation, we will become outdated in this rapidly changing world and age. And that is why the government too has taken steps to attract the new generation toward science and research & innovation in the field of technology. And that is why I say 'let us aim to

innovate'. And when I say “let us aim to innovate' my AIM stands for “Atal Innovation Mission'. This Mission is being promoted by the Niti Aayog. The purpose is to create an eco-system in the entire country through the Atal Innovation Mission, to forge a vibrant chain of innovation, experiment and entrepreneurship, which would also enhance the possibilities of new employment generation. If we have to develop the next generation innovators, we shall have to link our children with it. And that is why the Government of India has taken the initiative of 'Atal Tinkering Labs'. Wherever such Tinkering Labs are established in schools, those would be given 10 Lakh rupees and further 10 Lakh rupees will be provided for maintenance during the period of five years. Similarly, innovations are directly connected to Incubation Centres. If we have strong and well-equipped Incubation Centres, a system comes into place for innovations, for start-ups, for experimentation and to bring these efforts to a certain level. Creation of new Incubation Centres is essential just as it is necessary to strengthen the older Incubation Centres. And when I talk of Atal Incubation Centres, the government has considered allocating the huge sum of 10 crore rupees for this also. India is grappling with diverse challenges. We see problems in daily life. We shall now have to look for technological solutions for these. Through the 'Atal Grand Challenges' we have exhorted the young generation of the country that if they see problems, they should search for solutions taking the path of technology, doing research, applying innovations and bring those on board. The Government of India wants to specially reward technology developed to find solutions to our problems. And I am happy that people have evinced interest in these things. When we spoke of Tinkering Labs, about 13 thousand schools applied and when we talked of Incubation Centres, over four thousand academic and non-academic institutions came forward. I firmly believe that the real tribute to Abdul Kalamji

will consist of harnessing research and innovation for developing technology to find solutions to problems we face in day to day life, and ridding us of the difficulties we face to make things easier for us all. The more the new generation devotes itself to this task, the greater will be their contribution with immense significance for the modern India of the 21st century. That will be the real tribute to Abdul Kalamji.

My dear countrymen, while some time ago, we were concerned about a drought like situation, these days, on the one hand, we are enjoying the rains, but on the other, reports of floods are also coming in. Central government and State Governments are working hand in hand with their utmost efforts to provide relief and assistance to the flood-affected. Despite causing some hardships, rains make every human heart rejoice since rains, and agriculture, are the focal point of our entire sphere of economic activities.

There are times when one has to face an illness that leaves a scar for a lifetime. But if we are aware, alert and active, the prevention is also very easy. Take the case of Dengue. It is preventable. Pay attention to cleanliness, be alert, try and be safe and take special care of children. And the mindset that such diseases strike poor neighborhoods only, is not valid in the case of Dengue. Dengue first enters affluent localities and we should try and understand it. You must be watching advertisements on TV but there are times when we neglect taking proactive and informed action on it. The government, hospitals, doctors will of course do their job, but I urge that we should also be alert in ensuring that Dengue doesn't enter our homes, locality, family, for that matter, any illness connected with stagnant water.

I would like to draw the attention of my dear countrymen to another menace. In today's fast paced, rat race of life, at times we don't have time to think about ourselves. When we fall sick, we want to get well as soon as possible and

as a result pop in just any antibiotic that we can lay our hands on. It may give you instant relief, but my dear countrymen, this random pill popping habit can land you in deep trouble. It may give you temporary succor, but we should completely stop taking antibiotics without the advice of a doctor. Avoid it till a doctor gives you a prescription. Do not use the short cut method; it can lead to serious complications. Although random and rampant use of antibiotics gives immediate relief to the patient, but gradually the disease causing bacteria get accustomed to that drug. The drug then loses its efficacy and one has to fight the battle anew, develop new medicines, do new research; it takes years and till then these diseases create other complications. That's why we have to be very aware about that. One more problem has presented itself. Suppose the doctor advises that brother, take this antibiotic and he tells that 15 tablets of that to be taken over a period of five days. I urge you to complete the entire course of medication as prescribed by the doctor. Because if the treatment is abandoned halfway, it would benefit the bacteria. If the medicine is taken more than what is required, that too would be in the favour of the bacteria. And that is why, it is utmost essential to take the entire course of antibiotic medicine in terms of number of tablets as well as days. If we leave the treatment halfway due to improvement in our condition, we are only helping that bacteria getting more sturdy and difficult to treat. Microbes spreading TB and malaria are bringing about rapid mutations in themselves, rendering medicines ineffective. In medical parlance it is called antibiotic resistance. Hence it is indeed necessary to follow rules in the administration of antibiotics. The government is committed to prevent antibiotic resistance. You must have seen, these days, on the antibiotic medicine strips there is a red line to make you aware. You must pay attention to that.

While we are on the subject of health, I would like to talk about one more issue. I feel very concerned about the

lives of pregnant women of our country. In our country, close to 3 crore women become pregnant every year but some of these mothers die during childbirth. Sometimes the mother loses her life, at times the infant does. There are times when both die. It is true that in the last decade there has been a decline in maternal mortality rates but even now, we are not able to save the lives of a large number of pregnant women. Anemia during or after pregnancy, pregnancy related infections, high BP, any such complication can have devastating effect. Keeping in view these issues, in the last few months, the Government of India has launched a new campaign 'Prime Minister Safe Motherhood Campaign'. Under this, on the 9th of every month, all pregnant women will get a check-up at government health centers free of cost. I urge all poor families to ensure that all pregnant women avail of this benefit on the 9th of every month, so that if by the time they reach the 9th month any complication arises, it can be dealt with suitably in time and the lives of both mother and child can be saved. I have specially asked the gynecologists whether they could offer their services free on the 9th of every month, for the sake of under privileged mothers! Can't my doctor brothers and sisters spare just 12 days in a year for this service to the under privileged? Over the last few days, many have written to me. There are thousands of doctors who have implemented what I said. But India is such a vast country. We need lakhs of doctors to join this campaign. I do believe that you will indeed do so.

My dear countrymen, today, the whole world is concerned deeply about climate change, global warming and the environment. These are discussed collectively in the country and across the world. In India, this has been accorded great importance for centuries. In the battlefield of Kurukshetra too, Bhagwan Shri Krishna talks of trees. Showing concern towards trees even in the midst of a battle, underlines how much importance was attached to trees. In the

Gita, Bhagwan Shri Krishna says, 'ashwatth sarvvrikshanam' which means amongst all trees, I am the Peepal Tree. It is proclaimed in Shukracharya Neeti that 'naastimulam anaushadham' meaning that there is no plant that does not have medicinal values; the Anushasan Parv of the Mahabharta elaborates this concept at greater length. It is stated in the Anushasan Parv that whosoever plants a tree begets an offspring in the form of that tree. There can be no doubt about this fact. He who donates a tree, that tree in return becomes a ladder to salvation just like children. Therefore it is appropriate that parents desiring their well-being should plant tree and rear them like their own children.

Our scriptures like Gita, Shukracharya Niti and Anushasan Parv of the Mahabharta contain such lofty ideals. However, there are certain individuals in the present generation also, who live up to these ideals. A few days ago, I came across a mention of Sonal, a young daughter from Pune. It touched my heart. It is mentioned in Anushasan Parv in Mahabharata that a tree is like an offspring and becomes means of salvation in after life, Sonal has not only taken it upon herself to fulfill her parents' wishes but society's expectations also. Shri Khandu Maruti Mhatre, a farmer of Narayanpur village of of Junner Taluka of Pune got his granddaughter Sonal married in a very inspiring manner. What did Mhatre Ji do in Sonal's marriage? He gifted all his relatives, guests and friends with a sapling of 'Kesar' variety of mango. I saw a picture of this marriage in social media. I was surprised to see that in the marriage festivities, instead of members of the wedding party, saplings were more visible! That picture really touches one's heart. I think that Sonal, who herself is an agriculture graduate, came upon this idea. And to present Mango saplings in the marriage, just think, reflects the love for nature in a brilliant manner. In a way, Sonal's marriage in an everlasting story of love for nature, I congratulate Sonal and Shriman Mhatre Ji for this innovative

effort. And such experiments are done by many people. I remember, when I was the Chief Minister of Gujarat – the temple of Ambaji there is visited in the month of Bhadrapad by lakhs of devotees travelling by foot. A certain NGO decided to distribute saplings as 'Prasad' to the devotees, and the devotees were told that Mata Ambaji will keep on showering her grace, if they took care of the saplings, till their maturity into trees in their homes and villages. And lakhs of such saplings were distributed to the devotees traveling on foot to Ambaji temple that year. Other temples too can start the practice of distributing saplings instead of 'prasad' during this rainy season. It can easily grow into a people's movement for planting trees. I repeatedly tell my farmer brethren that instead of wasting our land in building fences around our fields, why don't we start planting timber trees there. Today India has to spend billions and trillions of rupees to import timber wood from abroad for construction of houses and furniture. If we plant on the boundaries of our fields timber trees that can be utilised for construction of homes and furniture and which can also be cut and sold after 15 to 20 years with the permission of the government. This way, not only can these become a new source of your income, but can also save India from importing timber.

Some days ago, a few states taking advantage of this weather have started many campaigns in this direction and the Government of India has also passed CAMPA law, under which about 40 thousand crores rupees will go to the states for planting trees. I have been told that the Maharashtra government planted about 2 crores sapling in the entire state on 1st July and next year they have taken a pledge to plant about 3 crores trees. The Maharashtra government has transformed this activity into a people's movement. Rajasthan, desert area, has celebrated Van Mahotsav in a very big way and pledged to plant 25 lakhs trees. To plant 25 lakhs of sapling in Rajasthan is not a small matter! Those who know

the soil conditions of Rajasthan would know how mammoth this task is going to be. Andhra Pradesh, too has decided to increase its green cover by 50% by the year 2029. Under the central government's ongoing 'Green India Mission', Railways too have joined in this endeavour. Gujarat too has an illustrious tradition of observing Van Mahotsav. This year Gujarat has undertaken many projects like 'Aamra Van', 'Ekata Van' and 'Shaheed Van' as a part of Van Mahotsav and launched a campaign to plant crores of trees. I am not able to mention every state but all deserve to be appreciated.

My dear countrymen, I had the opportunity to visit South Africa for the first time some time back. During a foreign visit, diplomacy is practiced, there are trade deliberations, discussions about security and as is customary, many MoUs are concluded. But for me the visit to South Africa was more like a pilgrimage. When we think of South Africa, it is very natural to remember Mahatma Gandhi and Nelson Mandela. Whenever we hear the words – non-violence, love and forgiveness, the inspiring faces of Gandhi and Mandela appear before us. During my South Africa tour, I visited Phoenix settlement where Mahatma Gandhi's home is known as 'Sarvodaya'. I also had the good fortune of traveling from Pietermaritzburg station in the train in which Mahatma Gandhi had travelled, and which was the site of the incidence that sowed the seed of the transformation of a Mohandas into Mahatma Gandhi. But what I want to tell you is the fact that this time I had an opportunity to meet those great men who had devoted their young lives for society fighting shoulder to shoulder with Nelson Mandela for the ideals of equality and equal opportunity; who had spent 20 to 22 years of their lives in prison with Nelson Mandela, effectively sacrificing the entire period of their youth for the society. I had the privilege of meeting these grat personalities, these close associates of Nelson Mandela such as Shriman Ahmed Kathrada, Shriman

Laloo Chiba, Shriman George Bizos and Ronnie Kasrils. All were Indian by origin but dedicated themselves to wherever they settled and decided to offer their lives for those amidst whom they lived. So much strength they had! And the greatest thing was that while I was talking to them and listening about the experiences of their imprisonment, they had no bitterness or ill will for anyone. There was not a single trace of desire, to get something, to become somebody even after living such a great life of 'Tapasaya'. The essence of performing one's duty as explained in Gita was embodied in their persona. I will remember that meeting forever. Equality and equal opportunity are the two biggest 'mantras' for any society and government. Equality and equal opportunity, compassion and fraternity, these are the paths leading us to a bright future. We all want a good future for our children. Everybody has different needs and different priorities but there is one common path of development, equality, compassion and fraternity. Come, let us be proud about these Indians who have lived their lives in South Africa embodying our highest and fundamental ideals.

My dear countrymen, I have received a message from Shilpi Varma, to whom I am grateful. Her concern is very genuine. She has made me aware of an incident: –

"Pradhan Mantri Ji, I am Shilpi Varma speaking from Bengaluru. Some days ago, I read in a news article that a lady became a victim of fraud and cheat email, lost 11 lakh rupees and committed suicide. Being a woman, I feel an empathy with her family. What is your opinion about such cheat and fraud emails."

She has pointed a certain incident, and you must also be aware that we get messages on our mobile phones and emails, proclaiming attractive offers that you have won a jackpot of so many rupees; if you pay a certain amount then

you become eligible for the greater amount. People get duped by this money trap. These are new methods of technology that are spreading in the entire world for cheating people. And just as technology plays an increasingly bigger role in our economic system, it also invites those who misuse it. A retired gentlemen, who not only had to get his daughter married but also to build his home, one day he received an SMS, that there was a gift that had arrived from abroad and could be obtained if he deposited 2 lakh rupees as custom duty in a bank account and this gentlemen without giving any thought took out 2 lakh rupees from his hard earned life savings and sent it to some stranger. That too on the strength of just an SMS! And in very little time, he understood that he had been looted! You too must be getting similarly confused sometimes! These people write a letter in such style that it seems perfect. They use fake letter pads while sending these letters. They obtain your credit card number and debit card number and empty your bank account through technology. And this new means of fraud is digital fraud. I believe that we must be aware against such lure, must remain cautious and if such false communications come to our notice, then we must share them with our friends and make them aware also. Shilpi Varma has brought this important thing to my notice, which although even you must have encountered, but may be you did not take it that seriously, but I feel there is need to look at it seriously.

My dear countrymen these days, the Parliament Session is going on, and during the Parliament Session, I get to meet many people from across our nation. Our MPs also bring people from their constituencies and introduce them to me; they tell me many things, their difficulties also. But recently I had a pleasant experience, real pleasant experience! Student from Aligarh had come to meet me. You should have seen the enthusiasm of those boys and girls. They had brought a big photo album with them and their faces were lit with joy.

They showed me the pictures of how they had beautified the Aligarh railway station! These were artistic painting done on the station. What is more, they had searched for and collected the plastic bottles and oil cans lying in the garbage in the villages and by filling those with soil and planting saplings, they have transformed those pots into a vertical garden. And by creating this vertical garden on the site of railway station, they have given it a new look. If you go to Aligarh, do visit the railway station. I am receiving news from many railway stations in the country where the local populace has taken to depicting on the walls of the railway stations, their area's identity, through means of their arts. They have brought about a refreshing feeling. This is a prime example of the great transformation, which can be brought about through people's participation. I felicitate all such citizens involved in these kinds of activities and especially congratulate friends from Aligarh.

My dear countrymen, with the onset of rainy season, there is also an onset of festival season in our country. There would be fairs everywhere, festivities would be observed in temples and places of worship. You too will become a participant at home and outside during the festive celebrations. The festival of Raksha Bandhan is a festival of special significance. Just like last year, can't you gift on the occasion of Raksha Bandhan Pradhan Mantri Suraksha Bima Yojna or Jeevan Jyoti Bima Yojna to mothers and sisters of our country. Think about it, we should gift such a present to our sisters, which really provides her security in future. Not only that, we may be having in our homes a lady making food for us or a lady who cleans our house, a daughter of an impoverished mother! To them also, you can gift Pradhan Mantri Suraksha Bima Yojna or Jeevan Jyoti Bima Yojna on this festival of Raksha Bandhan. And this is what social security in reality is all about; this is the true meaning of

Raksha Bandhan.

My dear countrymen there are many among us who were born after independence. And I am the first Prime Minister of this nation who was born in free India. 'Quit India movement' started on 8th august, and this year would be the 75th year of 'Quit Hind -Quit Bharat" and on 15th august, it would be 70th year of our independence. We are enjoying our independence and are proud to be free citizens, but this is an occasion to remember those who sacrificed their all for winning our independence. The 75th year of Quit India and 70th year of Independence can be source of new inspiration, source of new enthusiasm and an occasion to take a pledge to do something for our nation. The whole nation should be imbued with the spirit of those great patriots and we should once again experience anew the fragrance of freedom. Let us all create such an atmosphere. Independence Day should not be a government event, it should be the celebration of the entire people. Just like Diwali, it should be our own festival. I hope that you too become inspired with the spirit of patriotism and do something good in that vein. Do send a picture of it on 'Narendra Modi app. Let us create such an atmosphere in the nation.

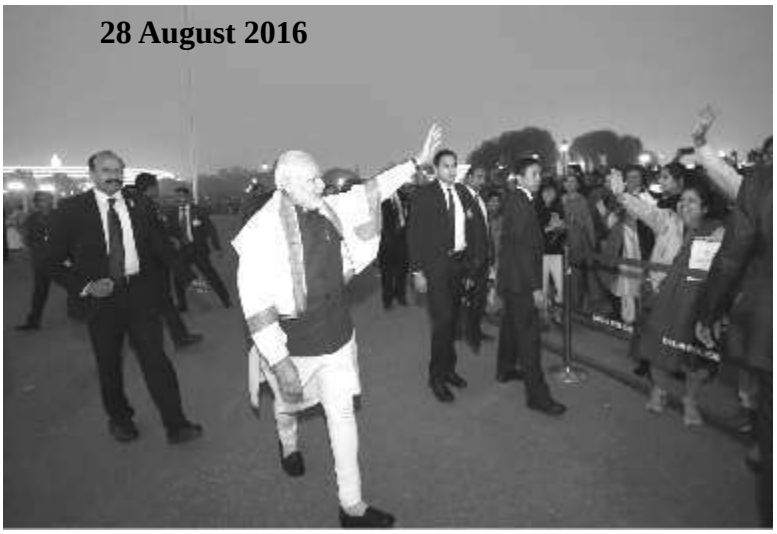
Dear countrymen, I have the good fortune to talk to the nation from ramparts of Red Fort on 15thAugust, it is a tradition. You too must be having certain thoughts that you wish were proclaimed from Red Fort. I invite you to write to me about your thoughts that I, as your representative, as your Pradhan Sevak should talk about from the Red Fort. Send me suggestions, your advice and new thoughts, I will try to convey your thoughts to rest of the countrymen. I do not wish that whatever I speak from the ramparts of Red Fort should just be the opinion of the Prime Minister; it should be the collective voice of 125 crores countrymen. Do send me something, either on 'Narendra Modi app' or on MYGOV.IN.

Today the platforms of technology are such that your message can reach me very easily. I invite you once again, come, let us remember and salute our great freedom fighters, who sacrificed their lives for India and let us move ahead with the pledge to do something for our nation. My best wishes to you all and many thanks.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

28 August 2016



My dear countrymen, Namaskar,

Tomorrow, 29th August is the birth anniversary of hockey wizard Dhyan Chand. This occasion is celebrated as 'National Sports Day' throughout the country. I offer my tributes to Dhyan Chand ji and wish to remind you all about his invaluable contribution. He played a pivotal role in helping India win Hockey Gold Medals in Olympic Games of 1928, 1932 and 1936. All of us cricket lovers know Bradman's name very well. He had complimented Dhyan Chand ji by saying that 'he scores goals like runs'. Dhyan Chand ji was a living example of sportsman spirit and nationalism. During a match in Kolkata one player from the opposite team hit him on the head with the hockey stick. At that point, only 10 minutes were left in the game. And, Dhyan Chand ji scored three goals in just those ten minutes and said – "I avenged the hit by scoring goals".

Dear countrymen, as the time of Mann Ki Baat draws near, a very large number of suggestions are received on MyGov or NarendraModiApp. These are on diverse topics.

But, I saw that this time in most of these suggestions, people had asked me to say something about the Rio Olympics. I find it a very positive sign that our common people have such attachment and awareness about Rio Olympics and they are insisting that the Prime Minister of the country says something on this matter. It shows that besides Cricket, our people have so much involvement in and awareness and knowledge about other sports and games also. For me, even reading these messages proved to be a source of inspiration. One Shri Ajit Singh ji has written on NarendraModiApp – "Please, this time in 'Mann Ki Baat' do talk about the education of our daughters, our 'Betis' and their participation in sports because they have brought laurels for the country by winning medals at the Rio Olympics." One Shri Sachin has written to urge that in 'Mann Ki Baat' this time a mention may please be made about Sindhu, Saakshi and Deepa Karmakar. Whatever medals we got have been earned by our daughters. These Betis have once again proved that they are second to none in any respect. One of these daughters is from North India while there is one who belongs to South India and then there is one from the Eastern part. All in all, they represent all corners of our country. It seems that our daughters in the whole of India have decided to take up the responsibility of bringing glory to the nation.

Shikhar Thakur has written on MyGov that we could have performed better at the Olympics. He has written – "Respected Modi Sir, first of all, congratulations on our winning two medals at Rio. However, I want to draw your attention to the question – was our performance really good? And, the answer is 'No'. We have to go a long way in the field of sports. Our parents, even today, insist on focusing on studies and academics. Sports are considered a waste of time in our society. We need to change this mindset. Society needs motivation for this. And, no one can do this better than you."

Similarly, one Shri Satya Prakash Mehra ji has written

on NarednraModiApp – “In Mann Ki Baat, there is a need to focus on extra-curricular activities, especially on encouraging children and youth to play.” Thousands of people have expressed similar sentiments. There is no denying the fact that we could not perform up to the expectations. Some of our players could not even touch during these Games their own performance level which they had achieved during the domestic events in India. In the medals chart, our tally was only two medals. However, it is also a fact that if we look closely, we shall find that despite missing medals, Indian players gave a very good account of themselves for the first time in some of the events.

See, our Abhinav Bindra very narrowly missed the medal and got fourth place in Shooting. Dipa Karmakar produced a superb performance in Gymnastics, although she remained at the fourth place and missed a Bronze by a very narrow margin. But, how can we forget that she is India's first daughter to qualify in Gymnastics for the Olympics and also to reach the final round. The pair of Sania Mirza and Rohan Bopanna met almost a similar fate in Tennis. Our athletes this time gave a creditable performance. After 32 years of P.T. Usha's feat, Lalita babar qualified for the finals in track and field. Our Women's Hockey Team qualified for the Olympic Games after a space of 36 long years. Men's Hockey Team reached knock out stage after 36 years. Our team is quite strong. And the interesting part is that Gold Medalist Argentina lost just one match in the entire tournament and the team which defeated them was INDIA. Thus, the future surely seems bright for us.

Vikas Krishna Yadav reached the quarter finals in Boxing but could not win Bronze. Many players like Aditi Ashok, Dattu Bhokanal, Atanu Das gave a very good performance. But my dear countrymen, we do have to go a long way. And if we stick to the same routine, we may perhaps keep facing the same disappointment. I have announced

setting up of a committee. The Government of India will make an in depth in-house analysis and will study the practices being followed around the world. We shall prepare a roadmap on how we can do better. We have to prepare a far reaching plan keeping in view the Olympics in 2020, 2024, 2028. I urge the State Governments also to set up similar committees to find out as to what we can do in sports. What can each state do? The states can take up one or two sports of their choice and display their strength.

I urge our sports associations also to do objective and impartial brainstorming on this. And, I also request all citizens of the country who have interest in this matter to mail their suggestions on NarendraModiApp. They may write to the government; associations may discuss these issues and submit their memoranda to the government. State governments too should deliberate on this matter and provide their suggestions. But, we must prepare ourselves fully and thoroughly. And, I am confident that we, the nation of 125 crore people comprising 65 percent youth population can reach an exalted status in the world of sports too. We have to move ahead with this resolve.

My dear countrymen, 5th September is 'Teachers Day'. For many years, I have been spending a lot of time with students on Teachers Day and that too as a student myself. I used to learn quite a lot from those young children. For me, 5th September was Teachers Day as well as an Education Day. But, this time I have to leave for G-20 Summit and so felt in my heart that I should express my feelings in this regard in 'Mann Ki Baat' today.

In our life, a teacher holds the same place which a mother does. We have also seen such teachers who care more for their pupils than for themselves. They devote their lives for their disciples, their students. These days, after Rio Olympics, Pulela Gopi Chand ji is being talked about

everywhere. He is a player first but he has set up a glorious example of what a good coach, that is, a teacher should be. I see Gopi Chand ji today as an excellent teacher besides being a very accomplished player. And, on Teachers Day, I salute Pulela Gopi Chand ji for his hard work, his dedication towards sports and his manner of finding happiness in the success of his disciples. We always feel the contribution of our teachers in our lives. 5th September happens to be the birthday of India's former President Dr. Sarvapalli Radhakrishnan ji and the country celebrates this as Teachers Day. Whatever post he held in his life, he always tried to live like a teacher, an educator. Not only this, he always said that "a good teacher can only be one who keeps the student within always alive". Dr. Radhakrishnan ji showed this by living as a teacher and by keeping alive the student within him despite holding the highest office of the President.

Some times when I think of it, I remember so many incidents related with my teachers because they were our heroes in our small village. However, I can happily say that even now I receive a hand written letter every month from one of my teachers, who has turned 90 now. In this letter, he mentions books read by him during that month along with quotations. He also gives his comments on what he deems correct or otherwise in whatever I have done during the month. It is as if he is, even now, teaching me in the class room. In a way, he is conducting a correspondence course for me even today. And, about his handwriting even at the age of 90, I marvel that he writes so beautifully whereas my own handwriting is very poor. That is why, whenever I look at somebody's good handwriting, I have a great respect for it. You may also be having similar experience. If you tell the world about whatever good has happened in your life because of your teachers, people's attitude towards teachers would change. It will be a matter of pride and it is our duty to enhance the honour of our teachers in the society. If you have

a photograph with your teacher or an incident connected with your teacher or an inspirational thing associated with your teacher, please do share the same on NarendraModiApp. Looking at the contribution of teachers in the country from the point of view of students is also immensely valuable in itself.

My dear countrymen, Ganesh Utsav is drawing near. Ganesh ji removes all obstacles and let us all wish that our country, our society, our families, and each one of us may lead a life free of obstacles. But, when we mention Ganesh Utsav, it is natural to remember Lokmanya Tilak ji. The tradition of public celebration of Ganesh Utsav is Lokmanya Tilak's gift to us. By publicly celebrating Ganesh Utsav, he turned this religious occasion into a festival of national awakening and social refinement. These Ganesh festivities included holding wide-ranging discussions on the issues that touched our lives and society, and comprised such programmes which provided a new vigour and vitality to our social fabric. Also, his mantra "Swaraj, that is, freedom is my birthright" should have the main focus thereby strengthening the freedom movement. Now, not in Maharashtra alone but in each corner of India, Ganesh Utsav is celebrated publicly. Young people make elaborate preparations, they are full of vigour. Some people even now try to follow the path shown by Lokmanya Tilak ji. They organise debates on topics of public interest, and hold essay competitions and rangoli competitions. Tableus depict the issues of social concern in a very artistic manner. In a way, a mass campaign of public education gets underway through these Ganesh festivities. Lokmanya Tilak ji gave us the inspirational mantra – "Swaraj, that is, freedom is our birthright." But now we live in independent India. So do we through these public Ganesh festivals move now to SURAAJ, that is, good governance by proclaiming 'SURAAJ is my birthright'. Good governance, SURAAJ, should be our priority; can we not recite this mantra and give a message for

it in the public Ganesh festival celebrations? Come on, I invite you all.

It is true that festivals express the vitality of a society. Festivals infuse new life into individuals as well as the society. Life seems to be impossible without festivals but these have to be moulded according to the needs of the changing times. I have seen that this time, many people have written to me mentioning Ganeshotsav and Durga Puja. They are worried about environment. One Shri Shankar Narayan Prashant has strongly urged –"Modi ji, kindly tell the people through your Mann Ki Baat that they should not use Ganesh idols made of Plaster of Paris. Why should we not use Ganeshji idols made of the clay from the village pond. POP idols are not environment friendly". He has expressed a great pain, others have also. I request you all as to why should we not use clay in making Ganesh and Durga idols and revert to our old tradition. This will help in environment preservation, prevent pollution of our rivers and ponds and also provide protection to small creatures living in water. This is also the service of God. Ganesh ji removes obstacles. So, we should not make such Ganeshji idols, which create problems. I do not know how you will take my suggestions but it is not just me but many other people saying the same thing. I have heard about many such people including Pune based sculptor Shri Abhijit Dhondphale, Kolhapur institutions Nisarg-Mitra and Vigyan Prabodhini, Nisarg Katta in Vidarbh, Gyan Prabodhini of Pune, and Girgaoncha Raja of Mumbai. Many such institutions work hard to promote Ganesh idols made from clay and they also propagate it. Eco-friendly Ganeshotsav is also social service. There is still time left before the start of Durga Pooja festivities. If we resolve now, our efforts will lead to employment generation for those families which traditionally used to make clay idols in the past. Also the clay will go back and get dissolved in the pond or the river and will thus help in protecting the environment. I

offer my best wishes to you all for Ganesh Chaturthi.

My dear countrymen, Bharat Ratna Mother Teresa will be canonized, that is, accorded sainthood on 4th September. Mother Teresa devoted her entire life to the service of the poor in India. Though she was born in Albania and her mother tongue was not English, yet she transformed her life and did everything to be able to serve the poor. When Mother Teresa, who served the poor in India all through her life, is accorded Sainthood, it is quite natural for we Indians to feel proud. Indian government will send an official delegation under the leadership of our External Affairs Minister Sushma Swaraj to represent 125 crore Indians at the canonization ceremony to be held on 4th September. We keep learning something or the other from great men and women, saints, sages, holy people. We shall continue to receive something, learn something from them and keep on doing some good things.

My dear countrymen, when development becomes a mass movement, a big transformation takes place. Peoples' power is, in a way, considered to be a divine incarnation. Government of India has made a successful effort to clean the Ganga and involve the people for this project with the cooperation of five State governments. Pradhans of villages situated on the banks of the river Ganga were invited to Allahabad on the 20th of this month. They included men as well as women. They came to Allahabad and took an oath before Mother Ganga that they will make all out efforts to immediately stop the practice of open defecation in their villages situated on the banks of Ganga, start a campaign of building toilets and also that these villages will make their full contribution in cleaning up Ganga and will ensure that Ganga is not polluted now. I congratulate all the Pradhans who had assembled in Allahabad with this resolve from different States; they had come from Uttrakhand, from Uttar Pradesh, from Bihar, from Jharkhand and from West Bengal. I also

congratulate all those Ministries of the Government of India and also those ministers who turned this vision into reality. I also want to thank the Chief Ministers of these five States for taking the vital step in the direction of making Ganga clean by involving people's power.

My dear countrymen, certain things touch me very deeply and my heart bows in respect to those who visualize such heartwarming initiatives. In Kabirdham district of Chhatisgarh more than 1.25 lakh students from about 1700 schools collectively wrote letters to their parents. Some students wrote in English, some wrote in Hindi and some in Chhatisgarhi to their parents telling them that there should be toilets in their houses. They demanded building toilets. Some students even wrote that they would rather go without celebrating birthday but the toilet must be constructed.

Students of age between seven to seventeen took up this task. And this had such an impact, such an emotional impact that while the students were going to school the next day, their parents handed over reply letters to them addressed to the teacher in which they promised to build toilets by a certain date positively. My compliments to those who visualized this idea, compliments to these students and special compliments to those parents who took their childrens' letters so seriously and also took a decision to construct a toilet. This is what inspires us.

In Koppal district of Karnataka, a sixteen year old girl Mallamma started a Satyagrah against her own family. She launched the Satyagrah and stopped eating and she did that not to ask something for herself, not to demand good clothes or have sweets. This daughter Mallamma was adamant to have a toilet built in her house. But, the family was not in a good position economically. The daughter stuck to her demand and was not prepared to end her Satyagrah. The village pradhan Mohammad Shafi came to know about this.

He was told that Mallamma had protested to press for her demand for getting a toilet built in her house. Now, look at the gesture of village Pradhan Mohammad Shafi, he arranged eighteen thousand rupees and got a toilet built within a week. Just see the power and strength in Mallamma's protest, and also consider the grand gesture of a village Pradhan like Mohammad Shafi. Look how the solutions to problems are found, this is the power of the people.

My dear countrymen, Swachha Bharat has become the dream of each Indian. Some Indians have made it their resolve. Some Indians have made it their aim and purpose. But, each one is connected to it in one or the other way and everyone is making a contribution. Daily we hear about the various innovative efforts in this direction. Acting on one such idea, the Government of India has called upon the people to make short films of 2 to 3 minutes duration on Swachhta, that is, cleanliness and send these to the Government. You can find details of this plan on website. A competition will be held and the winners will be awarded prizes on Gandhi Jayanti Day on 2nd October. I request TV channels also to invite such films and hold a competition. Creativity can give a new strength to Swachhata Abhiyan or cleanliness campaign. New slogans will emerge, newer methods will come to knowledge, a new inspiration will be generated and all this will happen with the great support of the people. Lesser known artists could be taken and it is not necessary to have a big studio and a big camera. You can even shoot a film these days using your mobile phone camera. I call upon you all to come forward and participate.

My dear countrymen, India has always tried its best to have close, cordial and vibrant relations with its neighbours. A very important event took place recently. The Honourable President of India Shri Pranab Mukherjee inaugurated a new radio channel named 'Akashvani Maitree Channel' at Kolkata. Now, some people may wonder whether

Honourable President should inaugurate a Radio Channel? But this is no ordinary Radio Channel, it is a very big and very important step. We have Bangladesh as our neighbour. We know that both Bangladesh and West Bengal continue to have a common cultural heritage. So, Akashvani Maitree on this side and Bangladesh Betaar on that side will mutually share the content and Bengali speaking people on both sides will enjoy the programmes of Akashvani, that is, All India Radio. This people to people contact is a big contribution of Akashvani. The President launched this radio channel. I extend my thanks to Bangladesh also for collaborating with us in this initiative. I congratulate the friends in All India Radio too for making their contribution in our foreign policy also.

My dear countrymen, although you have entrusted me with the responsibilities of Prime Minister but I also am a human being just like you. At times, sensitive events touch me a little too deeply. Such sentimental incidents generate new energy, give new inspiration and this is what motivates us Indians to do some remarkable things. I received a letter recently which touched my heart. A motherly lady of about 84 years of age who is a retired teacher wrote that letter to me. If she had not forbidden me from revealing her name, I from the core of my heart wanted to announce her name while talking to you. She wrote in her letter that after my appeal to the people to forego their cooking gas subsidy, she had given up her subsidy and then she even forgot about it. However, a few days ago a person on my behalf went to her and delivered a letter in which she was thanked for her giving up the subsidy. And, she has said that a letter from the Prime Minister was no less than a Padma Shree honour for her.

Dear countrymen, you may be knowing that I have tried to send a letter, to be delivered personally through my representatives, to all those who surrendered their cooking gas subsidy on my appeal. My effort is to send letters to more

than one crore people. Under this plan my letter had reached this mother who wrote back to me saying that I was doing a good work under the campaign of providing relief to those poor ladies who are getting freedom from the smoke of a Chulha. I am a retired teacher and will cross the age of 90 years within a few years and I am sending you a donation of fifty thousand rupees which you can use in this mission of providing relief from the Chulha smoke to the poor women. You may well imagine the missionary spirit of this retired teacher living on pension and donating an amount of fifty thousand rupees for the sake of provision of gas connection to the other poor mothers and sisters, in order to save them from the ill effects of Chulha smoke. It is not a question of 50 thousand rupees but the basic question is of the empathy in this old lady and it is because of the blessings of this lady and of crores of our other mothers and sisters which strengthens my confidence in the future of the country. And, she did not write to me this letter as a Prime Minister but she straightforwardly wrote – "Modi Bhaiya!" I salute this wonderful mother and I also salute crores of similar mothers in India who keep doing something or the other all the time for the benefit of others despite facing many difficulties themselves.

My dear countrymen, we were struggling with drought-like conditions last year but this August we have been facing the fury of floods all through. In some parts of the country, there have been repetitive floods. State governments, Union government, local self-government bodies, social organisations and the citizens did whatever best could be done. Yet, even amidst the reports of these floods, some such events happened which should be remembered. Which show the power of unity, and how big results can be achieved by working together? The month of August this year has become memorable. In August 2016, about 90 political parties in the country, many of these parties in the Parliament, which were

staunch opponents of each other and which do not miss the slightest opportunity against each other, all these parties got united and passed the GST Act. The credit for this goes to all the parties. And, this is an example which shows that great tasks can be accomplished by working in unison to move ahead. Similarly, about the incidents that took place in Kashmir and all that happened in Kashmir, all political parties in the country collectively expressed their views in one voice. A massage was sent to the whole world, a massage also went to the separatist forces and our sympathy was expressed towards the people of Kashmir. Whatever interaction with whomsoever I had on Kashmir resounded with these views quite prominently and if I may try to summarise these views and comments, the gist and essence were unity and affection; these two were the fundamental points. And, we all are of the view, and this is the view of all 125 crore Indians, right from the village Pradhan to the Prime Minister that every loss of life in Kashmir – whether it is of a young man or of a security personnel – it is our own loss, a loss of our people, a loss for the nation! Those trying to disturb peace in Kashmir by putting small children in the front and hiding behind them will have to be answerable to these very innocent children some day.

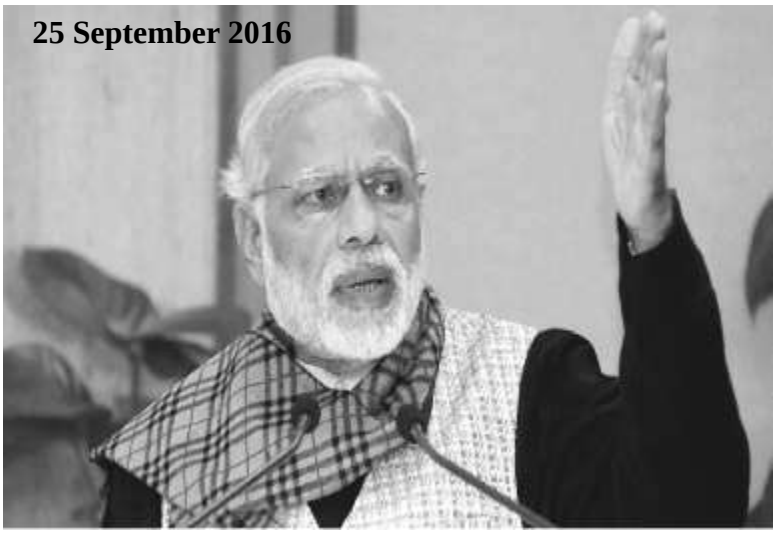
My dear countrymen, ours is a vast nation, full of diversities. To keep this country of manifold diversities united, we all as citizens, as society and as the government, have a responsibility to encourage things which strengthen our national unity and highlight these with full vigour, only then we can make our country's future bright, and, of course, this will be achieved. I have full faith in the power of my 125 crore countrymen. That is all for today, many many.

thanks.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

25 September 2016



My dear countrymen, Namaskar! We recently lost 18 brave sons of our country in a terrorist attack in Uri Sector in Jammu and Kashmir. I salute these valiant soldiers and pay my tributes to them. This cowardly act has shocked the entire Nation. There are strong emotions of widespread grief as well as anger across the country. And, this is not only a loss for the families who have lost a son, a brother or a husband. In fact, it is a national loss. And, therefore, I will just reiterate to you, my countrymen, what I had said that very day, that the guilty will certainly be punished.

My dear countrymen, we have full faith in our armed forces. They will foil with their valour every such conspiracy, and they are the ones to reach the pinnacle of bravery so that we, their 1.25 billion fellow countrymen, can live peacefully and be happy. We are proud of our army. We politicians have many opportunities to speak our mind and we do speak. But, the forces do not speak, they take action.

I also wish today to specially talk to those living in Kashmir. Kashmiris are now beginning to recognize well the

true face of the anti-national forces. And as they understand the truth better, they are now separating themselves from such elements and have started moving on the path of peace. Every parent wants the schools and colleges to be functioning properly at the earliest. Farmers also feel that their ripened crops and fruits should reach markets across the country. Economic activities too should be back on track. And during the last few days there has been a movement towards restoration of trading activities. We all know that peace, unity and harmony are the only way to solve our problems and also the way to our progress and development. We have to scale greater heights of development for the sake of our future generations. I am very sure that by sitting together we shall definitely find solutions to our problems, find ways to move ahead and also pave a better path for future generations in Kashmir. Providing security to people in Kashmir is the responsibility of the administration. The government has to take some steps to maintain law and order. I shall also tell the security forces that all our capabilities, power, laws, rules and regulations are basically meant to maintain law and order in order to provide a life of peace and happiness for the common people of Kashmir. We shall strictly abide by this. At times, people thinking differently from us also provide new ideas. These days I get to learn quite a lot through social media. I get an opportunity to know and understand views of different people from all corners of the country and this actually adds to the strength of our democracy. Recently, Harshvardhan, a young student of Eleventh Class has put before me a different type of thought. He has written – "I was very much distressed after the Uri attack and strongly felt like doing something. But, I did not know how to go about it as what could a young student like me possibly do. So, I was trying to find some way to be of some service to the nation. And I have resolved that I would devote three more hours daily towards my studies. I shall become a capable citizen so that I can serve the country

well.

Brother Harshvardhan, I am happy to know that despite this atmosphere charged with anger, you are able to think in a healthy manner at such a young age. But, dear Harshvardhan, I shall also like to add that the anger in the hearts of our countrymen is of a very high value. It symbolises our national consciousness. This anger has the resolve to do something. Yes! You have presented that with a constructive approach. But, you must be aware that during the 1965-war, Lal bahadur Shastri Ji was leading us and then also similar feelings of rage, anger and patriotic fervour were sweeping the nation. Everyone wanted that something must happen, must be done. Then, Lal Bahadur Shashtri Ji had very aptly tried to touch the emotional universe of the country. He gave the mantra-"Jai Jawan, Jai Kisan" which inspired the common people of the country to work for the nation. Lal Bahadur Shashtri Ji showed that even amidst the deafening sounds of gunfire and bombardment, there existed an alternative way for every citizen for expressing patriotism. During the freedom movement, Mahatma Gandhi also used to mount highly successful experiments to divert the strong energy of that movement towards constructive social work, whenever a lull was needed amidst the extreme intensity in that movement. Now, if all of us, that is, our armed forces, people in the government, fulfill our respective responsibilities sincerely, and all of us countrymen, each citizen make some constructive contribution imbued with the feeling of patriotism, our country will most definitely scale greater heights.

My dear countrymen, Shri T.S. Kartik has written on NarendraModiApp that our athletes who participated in the Paralympics have created a new history and their performance is a triumph of the human spirit. Shri Varun Vishwanathan has also written on NarendraModiApp that our athletes did a commendable job and that I should talk about

this in 'Mann Ki Baat'. Not only the two of you but each one of our countrymen has felt an emotional attachment with our athletes who participated at the Paralympics. Perhaps going beyond sporting achievements, these Paralympics and the performance by our athletes have transformed our attitude towards humanity, towards specially-abled, DIVYANG people. And, I shall never be able to forget what our victorious sister Deepa Malik had to say. When the medal was awarded to her, she said – "Through this medal I have actually defeated the disability itself." There is great strength in this remark. This time 19 athletes, including three women, took part in Paralympics from our country. Compared to normal sporting activities, when the DIVYANG play, in addition to physical ability and sporting skills, what are needed even more are will power and resolve.

You will be pleasantly surprised to learn that our sportspersons put up their best ever performance this time and won 4 medals including two gold, one silver and one bronze. Brother Devendra Jhajharia won the gold medal in Javelin throw and repeated his gold winning performance after 12 years. One gets older over a period of 12 years and after having won the gold medal once, the passion for the same is also somewhat reduced. Yet, Devendra displayed that physical condition and increasing age could not dent his strong determination and he successfully claimed his second gold medal after a gap of 12 years. And, he was not born a DIVYANG. He lost one of his hands due to suffering electric current shock. Just think about the perseverance and the huge effort put in by him in repeating the feat of winning a second gold medal at 35 years of age 12 years after winning the first one at 23. Mariyappan Thangavelu won a gold medal in High Jump. Thangavelu had lost his right leg when he was just 5. Even poverty could not come in the way of his resolve. He is not from a big city, he does not come from a middle class or rich family. Yet despite facing all sorts of difficulties and

physical challenges, at the age of 21, through his unwavering determination he won the medal for the country. As far as Athlete Deepa Malik is concerned, she has won laurels many a times by emerging victorious repeatedly.

Varun C. Bhati won a bronze medal in High Jump. Medals in Paralympics have a significance of their own, but going beyond that these medals have made a very big contribution in transforming the attitude towards our DIVYANG brothers and sisters in our country, our society and our neighborhoods. These have not only inspired our empathy but also changed the way of looking at the DIVYANG people. Only very few people might be knowing as to what stupendous feats were performed by these DIVYANG people in the Paralympics this time. Olympic Games were held at the same venue only a few days ago. Can anyone ever imagine the DIVYANG athletes breaking a record set during the general Olympic Games? It happened this time. In the 1500 meter race, Abdellatif Baka of Algeria set a new record by completing the 1500 meters race taking 1.7 seconds less than the time taken by the gold medalist in the same event at the general Olympics. Not only this, what really surprised me was the fact that the athlete, who finished fourth in this event amongst DIVYANG persons and thus missed winning any medal, actually took less time than the gold medalist of general category in completing the race. I once again congratulate all our Paralympic athletes and India is progressing in the direction of preparing an effective plan for developing our athletes and also the facilities for the Paralympics.

My dear countrymen, last week I had many wonderful experiences in Navsari, Gujarat. It was a very emotional moment for me. Government of India had organized a Mega Camp for DIVYANG persons and a number of world records were established that day. A visually challenged little girl child Gauri Shardul, hailing from far flung forest area in the Dang

District, can recite the complete Ramayana epic as she has learnt it by heart. She rendered certain portions before me and when I presented her performance before other persons there, everyone was amazed. I got an opportunity to publicly release a book that day wherein success stories from the lives of some DIVYANG persons had been compiled. These were very inspiring incidents. Government of India created a world record in Navsari which I believe to be very important. The task of fitting hearing aids to 600 hearing impaired DIVYANG people in just eight hours was completed successfully. This deed found a mention in Guinness Book of World Records. Three world records in a single day by DIVYANG people is a matter of great pride for our countrymen.

My dear countrymen, we had launched 'Swachha Bharat Mission' two years ago on 2nd October, the birth anniversary of our revered Bapu. That day too I had said that cleanliness should become our nature, a duty for every citizen and there should be an atmosphere harbouring a sense of revulsion against filth. Now it is going to be nearly two years on 2nd October and I can confidently say that one hundred and twenty five crore people of the country have now become more aware about cleanliness. I had said 'one step towards cleanliness' and today we can say that each one of us has definitely tried to take one step further. This means that the country has taken 125 crore steps in the direction of achieving cleanliness. This affirms that the direction we have taken is correct and also fruits of the action are very sweet. It has also been seen as to how much can be achieved through making small efforts. Everyone, be it a common citizen, an administrator, in Government offices or roads, bus stops or railways, schools or colleges, religious places, hospitals, from children to old persons, rural poor, farming women-everyone is contributing something in achieving cleanliness. Friends in the media have also played a constructive role. I

also know that we still have to go much farther. Yet, the beginning has been good so far. Whole-hearted efforts have been made and a conviction has now set in that we shall indeed succeed. This conviction is important. If we talk of rural India, so far 2 crore 48 lakh or say about two and a half crore toilets have been constructed and we intend to build another one and a half crore toilets in the coming one year. From the point of view of sanitation and keeping in mind the dignity of our citizens, especially the dignity of our mothers and sisters, it is necessary to put an end to the habit of defecating in the open. And, with this in view 'Open Defecation Free' or ODF Campaign has been launched. A healthy competition towards achieving liberation from the habit of defecating in open has started at the levels of states, districts and the villages. Andhra Pradesh, Gujarat and Kerala will achieve very soon cent percent ODF targets. I visited Gujarat recently and the officers there informed me that Porbandar, the birth place of Mahatma Gandhi, will achieve the target of total ODF on 2nd October, 2016. My congratulations to those who have made it possible, and best wishes to those who are trying to reach the target. I appeal to all of my countrymen that to maintain the dignity of our mothers and sisters and for the sake of health of our children, our country needs to get rid of this scourge. Let us forge ahead with a strong resolution. I specially want to suggest a scheme to my young friends who are currently technology savvy. Every citizen has a right to know about the status of the cleanliness mission in his city and the Government of India has provided a dedicated telephone number – 1969 for this purpose. We know that Mahatma Gandhi was born in 1869. In 1969, we celebrated his birth centenary and in 2019 we are going to celebrate the 150th birth anniversary of Mahatma Gandhi. By dialing this number 1-9-6-9 you will be able to know the progress of construction of toilets in your city and will also be able to submit an application for construction of a

toilet. You must avail this facility. Not only this, a cleanliness, that is Swachchhata App has been launched for people to lodge complaints concerning cleanliness and also to know about the progress in resolving these complaints. Please make full use of this facility; especially the younger generation must utilize it optimally. Government of India has also appealed to the corporate world to come forward in this endeavour. They can sponsor young professionals willing to work for Swachchhata Mission. They can also be sent to various districts as Swachchha Bharat Fellows.

It will not be sufficient to keep this Cleanliness Campaign confined to beliefs and habits. Imbibing cleanliness as a nature is not enough. In this age, just as cleanliness is related to health, connecting cleanliness to a revenue model is also equally necessary. Waste to wealth should also be one of its components. It is, therefore, imperative that we need to move towards 'Waste to Compost' along with the Cleanliness Mission. Solid waste should be processed and be converted into Compost and the government has initiated a policy intervention in this regard. Fertilizer companies have been asked to buy the Compost made out of waste. They should supply this to the farmers who are willing to adopt organic farming. This should also be supplied to those farmers who care about the health of their soil and are willing to improve its quality and also to those farmers whose soil quality has deteriorated because of over use of chemical fertilizers. And for this, Shrimaan Amitabh Bachchan Ji is making a significant contribution as a brand ambassador. I invite youngsters to set up new 'start ups' also in this 'Waste to Wealth' movement to develop the means and processes, to develop the suitable technology and accomplish mass production at an affordable cost. This is a task worth doing. There is also a big scope of employment generation and an opportunity for tremendous economic activity and wealth creation from waste is achievable. This year a special

programme 'INDOSAN' – India Sanitation Conference is being organized from 25th September to 2nd October. Ministers, Chief Ministers as also Mayors and Commissioners of metropolitan cities will participate in brainstorming sessions on the sole issue of cleanliness. What can be achieved with technology? What can be the financial model? How to mobilize public participation? How can employment opportunities be increased in this sphere? All these topics will be discussed. And I see clearly that the news about cleanliness keeps pouring in. I recently read in a newspaper that students of Gujarat Technological University launched a Jagran Abhiyan (Awereness Campaign) to build toilets in 107 villages. They themselves put in physical labour and contributed significantly in constructing around 9000 toilets. It might have come to your notice some time ago that under the leadership of Wing Commander Param Veer Singh, a team covered a distance of 2800 kilometres by swimming in Ganga from Dev Prayag to Ganga Sagar to spread the message of cleanliness. Government of India has also chalked out an annual calendar for its departments. Each department is to focus exclusively on cleanliness for a period of 15 days. In the coming October month, from 1st October to 15th October, Drinking Water and Sanitation Department, Panchayati Raj Department and Rural Development Department – these three are going to work under a designated roadmap in their respective areas. Then during last two weeks of October from 16th October to 31st October, three more departments, namely – Agriculture and Farmer Welfare, Food Processing Industries and Consumer Affairs are going to take up cleanliness campaigns in the concerned areas. I request the citizens also to get involved, wherever they feel that they too can pitch in these programmes. You might have seen that a cleanliness survey campaign is also carried out these days. Earlier, the cleanliness status was presented before the countrymen after conducting a survey of

73 cities. Now, this survey will be conducted in about 500 cities with a population of more than 1 lakh. Each city will imbibe a sense of confidence that, well, we have lagged behind but we will surely perform better next time. In this manner an atmosphere of competition for cleanliness has been created. I expect that all of us citizens should contribute as much as we can in the cleanliness mission. 2nd October is the birth anniversary of Mahatma Gandhi and Lal Bahadur Shastri Ji. Swachchh Bharat Mission is completing two years on this day. I keep on urging everyone to buy some khadi items between Gandhi Jayanti to Diwali. This year also I request that each family should buy one or the other khadi item so that the poor may also be able to light an earthen lamp and celebrate Diwali. This year 2nd October is a Sunday so can we involve ourselves in the cleanliness mission in some way? You involve yourself physically for 2 hours, 4 hours with cleaning work and I request you to share your cleanliness drive photo on NarendraModiApp. If it is a video, then share the video. You will see that with our joint efforts, this movement will get a fresh boost, a new dynamism. Let us all remember Mahatma Gandhi and Lal Bahadur Shastri and take a pledge to do something for the country.

My dear countrymen, one gets a special pleasure in giving, one may not realize it, but the pleasure of giving is divine. I witnessed it some time back when I asked the countrymen to give up their cooking gas subsidy and they responded whole-heartedly. This in itself was a very inspirational event in India's national life. Now, many youngsters, small groups, people from the corporate world, schools and some NGOs are jointly going to organize 'Joy of Giving Week' from 2nd October to 8th October. Under this campaign, food items and clothes will be collected and supplied to the needy persons. When I was in Gujarat, all our workers used to walk the streets seeking donations of old toys from families and then presented these toys to Anganwadis in

poor neighbourhoods. These toys provided great pleasure to the poor children, which was a great sight to behold. I feel that we should encourage and help these young people who are organising 'Joy of Giving Week' in many cities. This is a kind of a 'Donation Festival', a Daan Utsav. I convey my best wishes to all those young persons who are undertaking this mission.

My dear countrymen, today is 25th September, the birth anniversary of Pandit Deen Dayal Upadhyay Ji and his birth centenary year commences from today. Pandit Deen Dayal Upadhyay undertook the tremendous task of defining and elaborating upon the political ideology being followed by lakhs and lakhs of workers like me. He was a supporter of a political ideology connected with the roots of India, he presented his own soul stirring political philosophy, the EKAATM-MAANAV DARSHAN alongside the ideology to uphold India's great cultural heritage. The centenary year of Pandit Deen Dayal Upadhyay is commencing from today. 'Sarvajan Hitay – Sarvajan Sukhay', the principle of ANTYODAY – these are his gifts to us. Mahatma Gandhi also talked about the last man standing in the queue. How can the poorest of the poor avail of benefits of development? 'Work for every hand, water to every field' – through only these two words he presented his entire economic agenda. The country should celebrate his centenary year as GARIB KALYAN VARSH, 'Year for Welfare of the Poor'. We can alleviate poverty when everyone including society and governments focuses attention on measures to provide benefits of development to the poor. The place where I live was known as Race Course Road since British rule but now in the centenary year of Pandit Deen Dayal Updhyay this has been named 'Lok Kalyan Marg'. This is a symbolic representation of the 'Year for the Welfare of the Poor', the centenary year of Pt. Deen Dayal Upadhyay. I respectfully pay my homage to revered Pandit Deen Dayal Upadhyay, who has been a source of

inspiration to all of us, and an embodiment of our intellectual heritage.

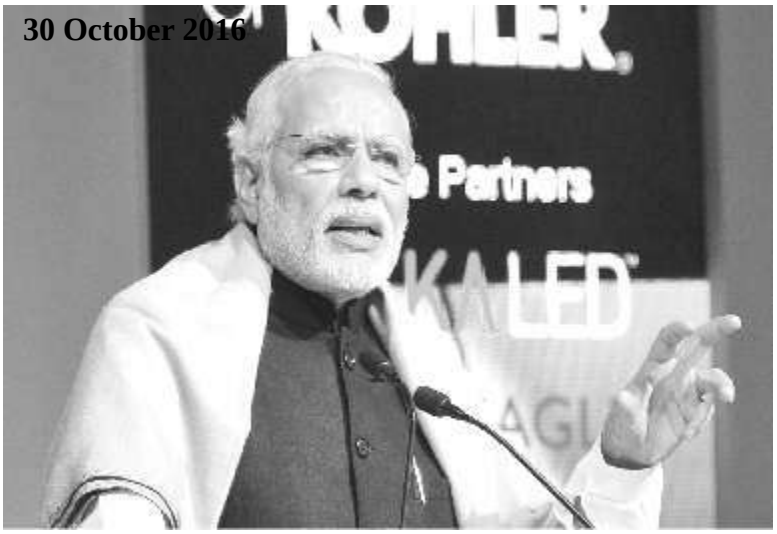
My dear countrymen, I had started 'Mann Ki Baat' on Vijayadashmi two years ago. My sincere effort was that 'Mann Ki Baat' should not become a programme of praising and highlighting only government's achievements; Mann Ki Baat should not become a programme of political oneupmanship, allegations and counter allegations. and sometimes passionate advocacy. Despite numerous pressures during these past two years – sometimes being tempted due the surrounding atmosphere, at times with provocations to say something with indignation – overcoming all such impulses over these two years with your blessings, I have moved through these obstacles and earnestly tried to connect with the common man through Mann Ki Baat. How the common man of this country keeps on inspring me all the time? What are the hopes and aspirations of the common man in the country? And this common man, who occupies my mind all the time, always gets projected in Mann Ki Baat. For our countrymen, Mann Ki Baat may be a source of information. For me, Mann Ki Baat has been the means to feel the strength of my 1.25 billion countrymen, to recall their great capabilities and power and to draw inspiration from the same for my own endeavours and initiatives. On completion of two years of Mann Ki Baat this week, I wish to express my sincere gratitude from the core of my heart to all you listeners who appreciated it, who contributed to improving it and thus blessed me. I am grateful to All India Radio also which not only broadcast my views but also put in their best efforts to transmit it in all languages. I am also thankful to those countrymen who knocked on the doors of the government by writing letters and by sending in suggestions and highlighting shortcomings of the government and All India Radio mounted special programmes on these letters by inviting concerned government functionaries and thus provided a

platform to address the problems. Thus, Mann Ki Baat became a new opportunity of social transformation rather than just remaining a mere talk show of 15-20 minutes. What can be more satisfying than this for any one? And therefore, I thank everyone and express my gratitude to all who contributed in making it a successful programme.

My dear countrymen, from next week festive season will be ushered in with Navratri and Durga Puja, Vijayadashmi, preparations for Deepavali and all such activities. This is an occasion for praying to SHAKTI, Unity in society is the power or SHAKTI of the country. Be it Navratri or Durga Puja – how can this SHAKTI-UPASANA become the festival of celebrating social unity? How to make it a festival of social bonding? And that would be the true prayer to Shakti, only then can we celebrate together the festival of victory. Let us bow before Shakti, nurture it, march forward with the mantra of unity. Come, let us celebrate Navratri and Durga Puja festivals with peace, unity and harmony to enable our nation to scale newer heights. Let us celebrate victory on Vijayadashmi.

Thank you very much.

30 October 2016



My dear countrymen, my heartiest and best Deepawali wishes to all of you. Deepawali is celebrated with great fervor and enthusiasm throughout our country. In India almost on all 365 days of the year, one festival or the other is celebrated in some part of the country. Somebody watching from a distance would genuinely feel that festivity is a synonym for the Indian way of life, and this is natural too. Right from the vedic period to the present day, there has been a tradition of festivities in India which, of course, has matched the occasions at different periods of time. We have also witnessed the courage to do away with outdated traditions. And, the transformations in the manner of celebrating these festivals according to changing times and changing social mores have been accepted and adopted very naturally.

However, we can very well discern one characteristic that this entire journey of Indian festivals, its widespread effect, its depth, its reach to each individual are all interlinked with one spirit which exhorts evolution from the 'self' to the 'whole', the 'collective existence'. The idea is that there should be a development of individuals and their personalities, the

limited scope of thinking must expand and cover not only the whole society but, in fact, the whole universe. And this is achieved through these festivals. Indian festivals at times appear like community feasts but in that also the consciousness has been to there as to what should be or should not be eaten during that particular season. What crop has been harvested by the farmers and how that yield is to be made a part of the festivities, what food habits will be appropriate in a particular season from the health point of view.

Our ancestors had very scientifically encompassed all these aspects in our festivals. Today, the whole world is talking about the environment. Destruction of nature is a matter of great concern. India's tradition of celebrating festivals has been one to strengthen our love for nature and to develop each individual, right from childhood, as a cultured person. Festivals have evoked a sense of responsibility towards everything, be it trees, plants, rivers, animals, mountains, birds, etc. Nowadays we observe Sunday as a holiday but in our older generations, labourers, fishermen and others from such sections of society used to observe holidays on New Moon, that is Amavasya and Full Moon, that is Poornima. And science has proved that on these days changes take place impacting the sea-water; other factors affect nature and these also influence the human mind. Thus we had developed the tradition to observe our holidays also intertwined with the phenomena of the Universe keeping the scientific aspects in focus.

Now when we celebrate Diwali, as I said, each of our festivals carries a message and teaches us something. The festival of lights Deepawali conveys the message of 'TAMSO MA JYOTIRGAMAYA', to move from darkness to light. And, this darkness here does not merely signify the absence of light; it is also the darkness of superstition and blind-faith, darkness of ignorance, darkness of poverty and also darkness of social evils. By lighting lamps on Diwali, we try to

overcome the darkness of these social shortcomings and individual blemishes – attaining freedom from this darkness is the real essence of the festival of lights Deepawali, which we celebrate by lighting an earthen lamp, a 'diya'.

One thing that all of us know very well is that wherever in India we go, whether to the home of the richest of the rich or to the humble dwelling of the poorest of the poor, during the Diwali festival we can see a cleanliness campaign going on in every household. Every nook and corner of the house is cleaned. The less privileged also put in all their efforts to clean their modest earthen utensils because it is Diwali time. Thus, Diwali also encompasses a campaign of cleanliness. But the need of the hour is that not only individual houses but the entire premises, all the neighbourhood, the whole village be cleaned. We have to expand and spread this habit and tradition.

Now, the festival of Deepawali is not confined to the borders of India. In almost all countries of the world, Deepawali is celebrated in one way or the other. Many Governments in the world, their Parliaments and also their ruling classes are joining Deepawali festivities. From countries of the East to those of the West, from developed nations to developing nations and from countries of Africa to Ireland – everywhere we can see the glow and revelry of Deepawali. You may be aware that in America, the US Postal Service has released a special postage stamp on Deepawali this time. The Prime Minister of Canada has shared on Twitter a picture of him lighting a lamp on the occasion of Diwali. British premier Theresa May organised a reception in London involving all communities on Deepawali in which she herself participated. And, there would hardly be a city in UK where Diwali is not celebrated with a great pomp and show. The Prime Minister of Singapore has posted a picture on Instagram and has shared it proudly with the whole world. And, what is that picture about! It shows 16 women MPs of

Singapore Parliament standing outside the Parliament all clad in Indian Sarees and this photo has gone viral. All this has been done on the occasion of Deepawali. In Singapore, Diwali celebrations are in full swing in almost all neighbourhoods. The Australian Prime Minister has conveyed his greetings to the Indian community and has called upon all sections of societies to join in the Diwali festivities in various Australian cities. The Prime Minister of New Zealand had recently come to India. He told me that he would have to go back soon as he had to participate in Diwali celebrations there. What I mean to say is that the festival of lights, Deepawali is becoming a festival of inspiration for the world community also to move from darkness to light.

On Deepawali people adorn good clothes, enjoy delicious food items and along with these there is also the bursting of fire-crackers in a big way. The children and the young people very much enjoy this bursting of crackers. But, at times children indulge in reckless bravado and take unnecessary risks. They unwittingly invite a mishap in trying to create a big blast by joining and bursting many crackers together. They are not even mindful of their surroundings, which might have incendiary items leading to fire accidents. News of such mishaps, fire breakouts and even tragic casualties become a cause of big concern on Deepawali. To add to these woes, there is a situation of even the doctors in big numbers being unavailable as they too are away celebrating Deepawali with their families. I specially urge the parents and guardians to be with their children with a watchful eye when they burst firecrackers, so that there is no carelessness or undue audacity and accidents and mishaps are avoided.

In India, the celebration of Diwali lasts for a number of days. It is not restricted to just one day. With a string of festive events such as Govardhan Puja, Bhai Dooj, Laabh Panchmi till Kartik Purnima – this festival of lights goes on

for quite a long period of time. Alongside the festivities of Deepawali, we also prepare to celebrate Chhathh Pooja. This Chhathh Pooja is a very important festival in the Eastern parts of our country. It is a big occasion there which lasts for four days. But this also has a unique significance in that it gives a very special message to society. Chhathh Upasana is actually an occasion to pray to the Sun God who gives us so much directly and indirectly that it cannot even be measured by us. And this Chhathh Pooja is for paying obeisance to the almighty Sun. But the adage is that people only pray to the rising sun. However, during the Chhathh Pooja, people worship the setting Sun as well. There is a very profound social message behind this tradition.

When I speak of the Deepawali festival or about the Chhathh Pooja – this is actually an occasion to convey my best wishes to you. But, there is one more thing I have to do. I have to specially thank my countrymen and express my gratitude to them. In the backdrop of the disturbing incidents taking place during the past few months, the soldiers of our defence forces have been sacrificing their all for our peace and happiness. The sacrifice, devotion and zeal of the Jawans of our security forces occupies my mind and heart, my emotional universe all the time. And from that emanated my feeling and resolve that this Diwali must be dedicated to our security forces. I invited my countrymen to join the 'Sandesh to Soldiers' campaign. And today, in all humility, I wish to proclaim that there would not be a single soul in India who would not have unbounded love for our Jawans, a sense of deep pride in the members of our security forces. The way these sentiments have been expressed is surely giving strength to each of our countrymen. Your messages to the Jawans of our security forces have proved to be a great morale booster which cannot be easily imagined. Schools, colleges, students, villages, the underprivileged, traders, shopkeepers, political leaders, sportspersons, people from the cine world

have all lit a lamp for the country's Jawans, have joined in this campaign of sending a message of greetings and salutation to our Jawans. The media also made this festival of lights into an opportunity and an occasion to express gratitude towards our armed forces. And why should it not be so? Our Jawans from BSF, CRPF, Indo Tibetan Border Police, Assam Rifles, Navy, Army, Air Force, Coast Guard and many more as I am not able to include all by names are valiantly facing great hardships in the line of duty. While we are celebrating Diwali in the comforts of our homes, some of these Jawans are deployed in the desert areas, others are guarding the towering Himalayan peaks, some are guarding our industrial establishments and some are maintaining security vigil at the airports. What great responsibilities they have on their shoulders! And so if we remember them also while we are in our festive mood, our remembrance gets a new vigour which gets imparted to them also and they feel a new strength. Just one message can enhance their capability and our country has shown it. I earnestly express my gratitude to all our countrymen and women for this gesture. Those who are artistically talented, have expressed themselves through their art. Some persons prepared drawings, made Rangolis, drew cartoons. Those blessed with the blessings of Goddess Saraswati composed poems and couplets. Some came up with inspiring and motivating slogans. It appears that my NarendraModiApp and MyGov have been overwhelmingly filled with emotional messages, in the shape of words, in the form of 'Pinchhi', colours, compositions, etc., encompassing innumerable emotions from all; I can imagine how proud our soldiers feel at this moment. Many messages and other expression forms have been received on 'Sandesh to Soldiers' hashtag. As a symbol of these, I would like to read a poem which has been sent by Shriman Ashwani Kumar.

Ashwani ji has written: –

I celebrate the festival, feel happy and smile

I celebrate the festival, fee happy and smile

All this is because you are there,

I want to tell you today that you are the guardian of my freedom,

My gift of joy is there just because you are there

I sleep peacefully;

I sleep peacefully, because you are guarding the borders there

The mountains, the skies and the country bow to you

The mountains, the skies and the country bow to you

I too bow in gratitude to you O brave soldier!

I too bow in gratitude to you O brave soldier!

My dear countrymen, sister Shivani, whose parental side of the family as well as her family on the side of her in-laws is full of army soldiers, has sent me a telephone message. Let's hear what this representative of a military family says:

“Hello Mr. Prime Minister, I am Shivani Mohan calling. The “Sandesh to Soldiers” campaign has been launched on this Deepawali and is proving to be a morale booster for our brothers. I'm from an Army family. My husband is an Army officer. My Father and Father-in-law both served as Army Officers also. So we are full of soldiers on both sides of the family. Our Soldiers and Officers who are guarding our border have been receiving these affectionate messages and all in the Army circle are getting tremendous inspiration and encouragement. I would also like to say that along with Army Officers and soldiers their families and their wives also make sacrifices. Hence the entire army community is receiving a wonderful message and I would also like to wish you a Happy Diwali. Thank you. ”

My fellow citizens, it is true that military personnel guard not only our borders, but they stand as sentinels and

fighters on every front of life. Be it a calamitous natural disaster or a law and order crisis or having to deal with enemies or to display courage in motivating misguided youth to return to the mainstream of life, Our Jawans are motivated by a sense of patriotism while rendering service to the nation.

One incident has been brought to my attention and I also want to tell you that how at the core of success small things gather and become a force to reckon with. You must have heard that Himachal Pradesh as a State is now Open Defecation Free, has attained the status of OFD. The first state to achieve this was Sikkim, then Himachal Pradesh accomplished it and Kerala is going to be OFD on November 1st.

But how is this success achieved? Well, I'll tell you the reason, one of the security personnel of ITBP called Vikas Thakur is from a small village in Sirmour district of Himachal. This village is called 'Badhana'. Now this ITBP Jawan of ours was in his village on holidays from his duty. In the village at that time there was supposed to be a meeting of the Gram Sabha, so he went to the meeting where a discussion about construction of toilets was in progress. And he found that some of the families were unable to construct toilets due to lack of funds. So, Vikas Thakur of our ITBP, brimming with patriotism felt that no! No! This stigma must be eradicated! See his patriotism for the country; it is not that he serves the nation only by firing bullets on the enemies! Out came his cheque book, and a cheque of Fifty-Seven thousand rupees was handed to the head of the village Panchayat with a request that the 57 households having no toilets be give one thousand rupees each from his side, so that 57 toilets can get constructed and Badhana becomes an Open Defecation Free village! Vikas Thakur demonstrated his heroics by contributing one thousand rupees each from his pocket to the 57 families and thus strengthening the Cleanliness Campaign. And that is how Himachal Pradesh has been

empowered to become an Open Defecation Free state.

And similarly in Kerala, I really want to thank young people. It came to my attention, that in the remote forests of Kerala where there is no path to tread upon and only after walking an entire day, some villages can be reached with difficulty; a tribal village panchayat named Idmalakudi is there. It is rarely visited by people. It came to the attention of Engineering students from the nearby urban areas that this village was in dire need of the toilets. NCC cadets, NSS volunteers, Engineering students – all together decided that the toilets will be constructed by them. The building material needed to construct the toilets whether it was bricks or cement, the entire construction material was carried by the young men on their shoulders, spending an entire day walking in those forests. And they themselves worked hard to construct toilets in that village, thus achieving the goal of making a remote village in faraway forests Open Defecation Free! So that is the reason why Kerala is on the verge of being declared free from open defecation. The Municipal Councils and Corporations in Gujarat, numbering over 150 have been declared free from open defecation. 10 districts have also been declared free of open defecation. There is also good news coming from Haryana, Haryana is going to celebrate its Golden jubilee on 1st November and in next few months, Haryana as an entire state will be freed from the stigma of open defecation. As of now, seven districts in Haryana have got rid of open defecation.

Work is progressing at a very rapid pace in all of these states. I have mentioned the work being carried out in some of the places. I convey my heartfelt thanks to all the citizens in these states who have joined in the task of eliminating from our country the darkness resulting from filth.

My fellow citizens, the government plans for the welfare of the people through many of its schemes, and

usually when the second scheme follows the first one then the previous scheme is supposed to be discontinued. But generally due attention is not paid to this. The old schemes continue along with the newly implemented schemes and there is also a wait for the next scheme on the anvil. This keeps on happening. Now in our country houses having a gas stove, or those having electricity in the houses do not have a requirement for Kerosene. But who bothers about such things in the government? What happens is that Kerosene is also being provided, so is cooking gas and so is electricity and then middlemen get a chance to usurp their cut from this. I wish to greet the state of Haryana, which has pioneered a method of making Haryana Kerosene free by identifying homes having cooking gas connections or electricity through 'Aadhar' numbers. And so far I've heard that Haryana has managed to make seven or eight districts absolutely Kerosene free. And with the pace at which this job has been undertaken, I believe that the entire state will soon be completely Kerosene free. Just imagine the change that would be ushered in, theft will stop, the environment would benefit, and we will save our precious foreign exchange and the common folk will get facilities. The only people feeling uncomfortable would be the dishonest persons and the middle-men.

My dear countrymen, Mahatma Gandhi is our guide forever. Even today, his words guide us in setting up the standards and determining the direction that our nation must follow. Gandhiji used to say that when you chalk out a plan, you must first recall the face of the poor and weak and then decide whether the scheme you are going to be implementing will be of any benefit to the poor or not, it should not bring any loss to him! Your decisions should be based on such a benchmark. It is the need of the times that we've to address the aspirations that have been arisen in the poor of our nation. We have to help them in getting freed from their troubles in a stepwise manner. Whatever the old dogmatic thinking might

have been, but the society now must be freed from discrimination between our sons and daughters. Now our schools are having toilets for girls as well as for boys. For our daughters this is the opportunity to experience an India free from discrimination.

The government undertakes massive immunization programs for our children and yet millions of children are still left out from being immunized and fall prey to diseases. 'Mission Indradhanush' is one such operation that involves a vaccination program covering those kids who got left out during previous immunization campaigns and empowers them with immunity against serious diseases. In the twenty-first century, having darkness still prevailing in our villages is something that is not acceptable now. And the rural electrification drive to free the villages of darkness, this major campaign of electrification is proceeding successfully; in fact it is proceeding as per the time-schedule! What will happen to the health of a poor mother how has to inhale smoke equal to that from 400 cigarettes while cooking food on a Chulha which burns wood as fuel. And all this even after so many years of attaining freedom! We are trying to provide a smoke free life to 5 crore such families and we are successfully advancing in that direction.

The small trader, the small businessman, the vegetable vendor, the milk vendor, the one running a hair cutting salon has always been entrapped in the grip of the money lender, repaying interest all his life. The stand up scheme and Jan Dhan account scheme are aimed at freeing these people from the clutches of notorious moneylenders. Crediting money directly into bank accounts via Aadhar aims at directly sending money to the beneficiaries. For the common man this is an opportunity to come out of the grip of middlemen. A campaign has to be started where the target will not only be limited to bring in reforms and transformation but also to obtain freedom from the problem. And this is

happening!

My dear countrymen, tomorrow, the 31st October is the birth anniversary of Sardar Vallabhbhai Patel, the great son of India who vowed to unite India and made this the sole object of his life. On the one hand, 31st October is the birth anniversary of Sardar Saheb, the living legend of national unity and on the other; this is also the death anniversary of Smt. Gandhi. We should and do pay homage to the memories of our great personalities. But a phone call from a gentleman from Punjab and his pain touched me: –

"Pradhan Mantriji namaskar, Sir, I am Jasdeep speaking from Punjab. Sir, as you know, 31st October is Sardar Patel ji's birthday. Sardar Patel is the great personality who devoted his whole life to unite the country and, I think, he succeeded fully in this mission of his, he brought everybody together. But we may call it the country's misfortune that on this day itself Indira Gandhi ji was assassinated. And, as we all know, what terrible events took place after her assassination. Sir, I want to know how we can check such unfortunate events and incidents from taking place".

My dear countrymen, this is not the pain of an individual person. One Sardar, as history goes, Sardar Vallabhbhai Patel was the second great man after Chanakya who carried on the stupendous job of uniting our country. Bringing independent India under one banner and accomplishing such a herculean task – what a great man he was! We bow a hundred times to that great soul. But the pain remains that Sardar Patel, who lived for India's unity, strove tirelessly for it, had to even endure some unpleasantness on account of it, but never ever abandoned the path of unity; but on the birth anniversary of this great SARDAR, thousands of Sardars, the family members of thousands of Sardars were killed in the aftermath of the assassination of Smt. Gandhi. These atrocities against Sardars on the birth anniversary of

that great personality who lived for unity, that SARDAR, is a page of history, which causes pain to all of us.

But amidst all these turmoils, we have to march forward chanting the Mantra of Unity. Unity in diversity is the strength of our country. Different languages, different castes, different attires, different food habits and despite all these, unity in diversity remains our binding strength. That is India's great characteristic quality. Each generation has this responsibility, the governments have this responsibility to explore possibilities of integration in each corner of the country and highlight the elements of our integration. We should keep away from the idea of separatism or the attitude of separatism and also guard the country from any such ideology. Sardar Saheb gave us one India, now this is our collective responsibility to develop a Great India, a Shreshtha Bharat. The Mantra of national unity is the very foundation of a strong and great India.

Sardar Saheb's journey started with a struggle for farmers. He was the son of a farmer. Sardar Saheb had a big role in taking the Freedom movement to the farmers. Making the freedom movement a source of strength in the villages was Sardar Saheb's big achievement, a result of his organizational capacity and capability. But, Sardar Saheb was not just a man of struggle but also a man who created great things. He believed in the cooperative movement. Today, we often hear the name AMUL. People of India and even those in other countries are familiar with every product of AMUL. But, only a few people would know that it was only through his farsightedness that Sardar Saheb envisioned the creation of a Cooperative Milk Producers Union in Khera district, which was at that time called Kaira district. He had given this idea in 1942 which now is before us in the shape of AMUL. It is a living example as to how Sardar Saheb had foreseen the way to prosperity of the farmers. I pay my respectful homage to Sardar Saheb. And on 31st October, on National Unity Day,

we must remember Sardar Saheb wherever we may be and take a resolve to preserve national unity.

My dear countrymen, during Diwali festivities, Kartik Purnima is also a festival of lights called PRAKASH UTSAV. Guru Nanak Dev, his teachings and blessings are very relevant even now and are a source of inspiration for humanity as a whole. Service, truth and everybody's well-being was the message of Guru Nanak Dev. Peace, unity and harmony were his principal teachings. Every teaching of Guru Nanak Dev preached that a campaign should be carried on to abolish superstitions, social disparities and social evils from the society. It was then an era when evils such as untouchability, casteism and the chasm between the rich and the poor were at their peak. Guru Nanak Dev picked Bhai Laalo, as his co-worker at that crucial juncture. Let us also follow the light of knowledge bestowed upon us by Guru Nanak Dev which inspires us to end social disparities, exhorts us to do our bit to fight against the evil of disparity.

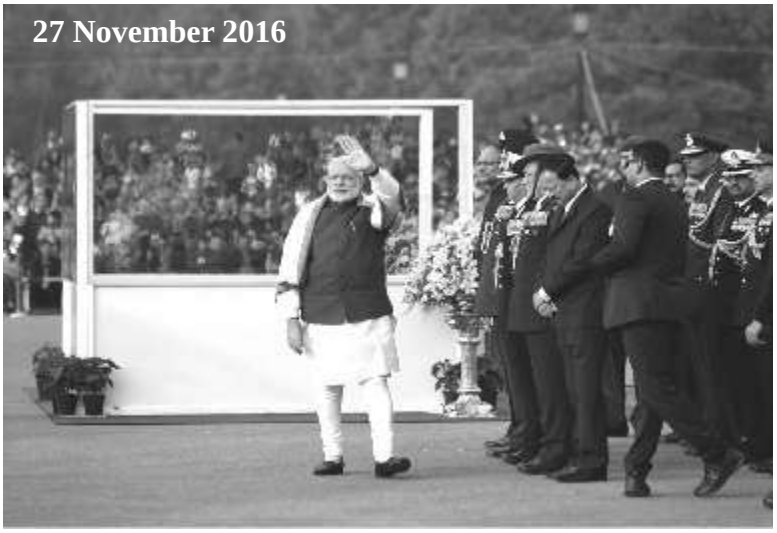
In our march to achieve 'Sab Ka Saath, Sab Ka Vikas', Co-operation from ALL, Development of ALL, we cannot have a better guiding force than Guru Nanak Dev. I pay my deeply felt respectful homage to Guru Nanak Dev on the occasion of the forthcoming Prakashotsav.

My dear countrymen, once again let us dedicate this Diwali to our Jawans. My best wishes and greetings on Diwali to all of you. I wish that all your dreams and resolves get fulfilled in every possible way! May your lives be blessed with success and happiness. Many, many thanks.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

27 November 2016



My dear countrymen, Namaskar. Last month, all of us were celebrating Diwali. Like every year, this Diwali too, I had gone to the border, to the China border, to celebrate the occasion with our soldiers, our jawans. I celebrated Diwali with ITBP men and army jawans on the lofty heights of the Himalayas. I do it every time, but this Diwali was an entirely different experience. The heartening effect of the novel way in which our 1.25 billion countrymen dedicated this Diwali to soldiers of our army, to our defence forces, was clearly evident on their faces. They appeared charged with emotions, and not just that, the act of our countrymen of sending greeting messages, including the defence forces of the nation in their rejoicing had elicited a wonderful response. And it is not that people merely sent messages. There was an earnest heartfelt connect. Some wrote poems, some drew pictures, a few created cartoons, others made videos; it was as if every home had been transformed into an army post. And when I saw those letters, I used to be amazed at the magnitude of creativity and emotions behind this endeavour. And this gave rise to a thought in MyGov that out of these, selected items could be compiled to make a coffee table book. Work is under

way on that. Your collective contribution, the sentiments of soldiers, your emotional universe dedicated to our security forces as expressed in your creativity will form the content of this volume.

A soldier wrote to me – Mr. Prime Minister, we soldiers have all the festivals like Holi and Diwali on the borders. We are devoted to defending the country every moment. Bu we do miss our near and dear ones back home during festivals. But, to tell you the truth, this time we did not feel so. Never did it appear to us even once that we are not at home for the festivities. It felt as if we were celebrating Diwali together with a hundred and twenty five crore Indians.

My dear countrymen, this warmth of emotion, this fervour that has been kindled in the hearts of our defence forces, our soldiers this Diwali, should this be confined to only a few occasions? I appeal to you that we should make it our nature, our characteristic as a society, as a Nation that whether it be a celebration of a festival or any joyous occasion, we should keep the soldiers, the jawans of the military of our nation in our hearts and minds. When the entire nation stands by the armed forces, their might mutiplies a hundred and twenty five crore times.

A few days ago, all Pradhans from the villages of Jammu & Kashmir had come to see me. They were from the Jammu & Kashmir Panchayat Conference. They had come from different villages of the Kashmir valley, there were around 40-50 Pradhans. I got an opportunity to speak to them at length. They had come to discuss a few points on the development of their villages; they had some demands. But when the deliberations began, issues such as conditions in the valley, the law and order situation, the future of children came up in a natural manner. These village Pradhans spoke about these topics with such affection and openness that everything touched my heart. In the course of the conversation, there was

also a mention of schools in Kashmir that had been set afire. And I felt these Pradhans were as saddened as our other countrymen were, at that. They too felt that it was not just schools, it was the future of the children, that had been set ablaze. I had urged them to focus on these children's future, on their return home. I am feeling happy today that these Pradhans, who had come from the Kashmir valley, kept their word in letter and spirit. They returned to their villages and made people from far and wide aware on this issue. Recently, just a few days ago, when the Board examinations were held, 95% of the sons and daughters of Kashmir, the young students appeared in the examinations. The sheer volume of students, who appeared in the Board Examinations, is a clear indication that our children from Jammu & Kashmir are committed to attain newer heights of progress, to build a bright future through the medium of education. For their resolute zeal I congratulate these students and I also felicitate their parents, their kith and kin, their teachers and all the Gram Pradhans as well from the depths of my heart.

My dear brothers and sisters, this time when I asked people for suggestions for 'Mann ki Baat', I can say that almost all the suggestions that were received echoed one theme. Everyone wanted me to speak in more detail about the 500 & 1000 rupee notes. On the 8th of November at 8 in the evening, in my Address to the Nation, I had talked about launching a mega campaign to bring about reforms in the country. When I had taken this decision and presented it before you, then also I had said openly that it was not an ordinary decision, it was one fraught with difficulties. It was a very important decision but implementation of that decision is equally important. And I had also foreseen that this would result in all of us having to face various new difficulties in our day-to-day lives. And I had stated then also that this decision was so enormous that it would take us at least 50 days to come out of its after effects and only then would we be able to move

towards normalcy. These maladies have been afflicting us for the past 70 years and the campaign for getting rid of these can never be an easy task. I can very well understand the problems you are going through! But when I see your support, when I look at your co-operation; although numerous efforts are on to misguide you, despite that, and despite witnessing some disturbing incidents, you have whole heartedly comprehended the path of righteousness and truth, you have favourably accepted this step taken in the best national interest.

500 and 1000 rupee notes and such a vast country, wide proliferation of currencies, billions and trillions of bank notes and amidst that, this decision – the whole world is minutely observing, every economist is analysing it, evaluating it. The whole world is watching – will hundred and twenty-five crore Indians finally attain success after facing numerous hardships? This question may be there in the world community. However, India has nothing but faith and faith only and supreme confidence in her hundred and twenty five crore countrymen that they will certainly fulfill their resolve. And our country will emerge shining like gold does after a test by fire. And the reason for that is you, the citizens of this country. The route to this success also has been paved only because of you.

Across the country, central government, state governments, all units of the local self government institutions, one lakh thirty thousand bank branches, lakhs of bank employees, over one and a half lakh post offices, over a lakh Bank-Mitras are relentlessly at work, day and night, with complete dedication. In the midst of immense and varied stress, all these individuals are working hard, maintaining a calm and composed demeanour, taking it as a Yagya of Service to the Nation, an attempt towards a great transformation.

They begin work early in the morning, not knowing when they will wind up at night. Everyone is busy working. And as a precise consequence of this diligence, there are clear indications that India will succeed handsomely in this endeavour. And I have seen that in the midst of such difficulties, all personnel of banks and post offices are working very hard. And when it comes to the practice of humanity, they appear two steps ahead. Someone told me that in Khandwa, an old gentleman met with an accident. Money was needed urgently. This came to the knowledge of local bank personnel, and I was happy to learn that they personally carried and handed over cash at his home, for help in treatment. Innumerable such incidents come to light everyday through television, media, newspapers and mutual conversations. I profusely thank all such compatriots who have striven hard to perform this MAHAYAGYA, and lived up to the lofty virtue of PURUSHARTH. The greatest validation of SHAKTI, strength, comes when the same is put to test. I distinctly remember, when the Prime Minister's Jan Dhan Yojana was launched, bank personnel earnestly and zealously shouldered their responsibilities and showed that they could achieve what had not been accomplished during the last 70 years. Their capabilities were manifested. Today, once again, they have accepted the challenge and I do believe that the steely resolve of one hundred and twenty five crore countrymen, their collective demonstration of PURUSHARTH will go a long way in investing our nation with a new power and strength on its path of progress.

But vices are so widespread and deep-rooted that even today there are people whose vicious habits refuse to die. Even now, some people think that they can re-introduce into the system, money from corruption, black money, unaccounted wealth and Benami money (money in unknown person's name), using some route or the other. They seek illegal means to save their ill-gotten wealth. The saddest part

is that, for this too, they have chosen to misuse the poor, the underprivileged people. By misguiding the poor, enticing them through the vices of avarice and temptation, wrongfully pumping money into their bank accounts, or getting them to undertake some wrong activities, some people are trying to save their black money. I want to tell such people today – whether you reform or not is up to you, whether you respect and follow the law or do otherwise is again up to you; of course, the law will take its own course to decide on the requisite action; but, for God's sake, please do not play with the lives of poor people. Do not do anything that may bring the names of the poor on record for wrong reasons and land my dear poor people into trouble during the investigation later on account of your foul deeds. And the law regarding Benami property that has been enacted and is being implemented is very stringent and it is going to be extremely tough on wrong doers. The government does not wish that our countrymen should face undue hardships.

One Mr. Aashish has called me up and appreciated the fight against corruption and black money through the action on 500 and 1000 Rupee notes: –

"Sir, Namaste. My name is Aashish Paare. I am an ordinary citizen of Village Tiraali of Tehsil Tiraali in District Harda of Madhya Pradesh. Your move to demonetize 1000 and 500 rupee notes is a commendable step. I wish that in Mann Ki Baat, you quote instances of people, who, despite facing hardships, have welcomed this step for the nation's progress. This will further enhance people's zeal. A cashless economy is necessary for nation building. And I am with the whole country on this. I am truly happy that you have done away with 1000 and 500 rupee notes."

I have received a similar call from Mr. Yellappa Velankar Ji from Karnataka: –

"Modi Ji, Namaste. I am calling from a village in

Koppal district of Karnataka. My name is Yellappa Velankar. I want to thank you wholeheartedly because you had said that good days will come, but nobody had ever thought that you would take such a big step. You have taught a lesson to black money mongers and the corrupt through the demonetization of 1000 and 500 rupee notes. For each and every citizen of India there could be no better days than these. For this I thank you from the core of my heart."

We get to know certain things through media, through the people and through government sources which add to our enthusiasm for work. It gives us such a great happiness and a sense of pride to know that the common man in my country has such a wonderful capability. A restaurant on the National Highway-6 in Akola in Maharashtra has displayed a board saying that if you have only old currency notes in the pocket and want to have food, please, do not worry about money and do not leave hungry from this place. Please, do have your food and pay later whenever you happen to pass through this place. So people go and eat there and make payments on their next visit after 2, 4 or 6 days. This is the strength of my country which encompasses the spirit of service, of sacrifice and also of genuineness and honesty.

During elections, I used to have, that is discussions over tea and this got publicised around the whole world. People in many countries of the world even learnt to utter the phrase – 'Chai Par Charcha'. But, I did not know 'Chai Par Charcha' could be linked to a marriage also. I learnt that on 17th November, a marriage was solemnised with 'Chai Par Charcha' in Surat. One daughter at Surat in Gujarat served only tea to all the guests who had come to her wedding. There was no big function, no feast or banquet because there was a shortage of cash due to demonetisation. Guests from the bridegroom's side also gracefully accepted it as their ceremonial welcome. Bharat Maaroo and Dakshaa Parmar from Surat, through their marriage, have made a valuable

contribution in the ongoing fight against corruption and black money and set up a very inspiring example. I convey my blessings to the newlyweds Bharat and Dakshaa and profusely compliment them also for having transformed their wedding occasion into an offering for the great task and thereby converting it into a new opportunity. Whenever confronted by such difficult times, people do succeed in exploring and finding good avenues and solutions.

I once saw in the news on TV, when I had returned late in the night, a report about a small village called Dhekiajulli () in Assam, where tea workers reside. These tea workers get their wages on weekly basis. Now, what they did when they received a 2000 rupee note as wages? Four women from the neighborhood got together and jointly made purchases and made the payment with the 2000 Rupee note; they did not need small currency as they had jointly made their purchases and had decided that they would settle accounts later when they were to meet next week. People are themselves finding ways. And just look at this change. The government received a message that people of tea gardens in Assam are demanding setting up of ATMs in their areas. See, how the village life is also getting transformed. Some people are getting instant benefits from this campaign. The nation will reap these benefits in the days to come but some people have got benefits instantly. On asking how things were going on, I got to know about the impact in small towns. On the basis of reports received from about 45-50 cities, I gathered that demonetisation had encouraged people there to pay their arrears accumulated due to non-payment of dues earlier; many people were in the habit of not making tax payments such as water tax, electricity bills, etc., they just did not pay. Now all of us know very well that the poor people always like to clear their dues 2-3 days in advance. It is the well-off people, who do not pay their taxes and bills as they have higher connections and know that nobody is going to ask or

do anything against them. Thus there are big arrears of payments, which remain pending. All municipalities receive hardly 50% of their tax revenues. But, this time after the decision taken on the 8th instant, people rushed to deposit their old currency notes. 47 urban institutions had received about 3 to 3.5 thousand crore rupees in taxes last year. You will be surprised and also happy to know that during this one week, these institutions received 13 thousand crore rupees. Imagine the difference – from 3 to 3.5 thousand crores to 13 thousand crores. And, that too with the self initiative of those making payments. Now that these municipalities have received 4 times the money, it is quite natural that poor localities and slums will get better drainage facilities, better water supply and better Aanganbari system. Many such examples are coming to light where direct benefits of this demonetisation can clearly be seen.

Brothers and sisters, our villages and our farmers are strong pillars of our economy. Every citizen is making requisite adjustments amidst the difficulties as a result of the new changes. But, I especially wish to compliment the farmers of our country. I was just gathering data of the sowing of this crop season. I am glad that be it wheat, be it pulses, be it oilseeds, the data received till 20th November indicates that sowing has increased substantially as compared to sowing during the last year. Our farmers have discovered new avenues amidst the present difficulties. The government has also taken many important decisions, wherein priority has been accorded to our farmers and villages. Despite these measures, some difficulties persist but I am confident that our farmer who bravely faces every difficulty, including natural calamities, is standing firm in the face of present odds also.

Small traders and businessmen of our country provide employment opportunities besides adding to the economic activities. In the last budget we had taken an important decision that just like the big malls, small shopkeepers in the

villages will also be allowed to operate round the clock and no rule will stop them from doing so because I felt that when the big malls can function 24 hours, why the poor village-shopkeepers should not get the same facility? A number of initiatives were taken to grant them loans under Mudra Yojana. These small traders were provided loans worth lakhs and crores of rupees under Mudra Yojana because there are crores of such small traders and they impart momentum to the business activities worth billions of rupees. But naturally they too had to face difficulties due to this decision. However, I have seen that these small businessmen too have kept providing services to their customers in their own ways through the use of technology such as Mobile App, Mobile Bank and Credit Card and on the basis of mutual trust also. And, I want to tell our small trader brothers and sisters that this is a ripe opportunity for them too to make their entry into the digital world. You too download Apps of Banks on your mobile phones. You too keep a POS machine for transactions in Credit Cards. You too learn to do cashless business. You can see how the big malls are expanding their business with the help of latest technology. A small trader can also expand the business with the help of this user friendly technology. There is no possibility of things going wrong, but there certainly is an opportunity to grow. I invite you all. You can make a very big contribution in creating a cashless society. You can create a full-fledged banking facility on your mobile phone and there are many ways now to run our business without using paper currency. There are technological methods which are safe, secure and instantaneous. I want that you not only extend your cooperation in making this campaign successful but also lead the process of transformation and I have full confidence that you can be the leader for this change. I am sure you can handle the entire business in your village using this technology.

I want to tell my worker brothers and sisters too that

you have faced heavy exploitation. Wages shown on paper are much higher than the wages actually paid to you. If sometimes full wages are paid, someone stands outside to forcibly take his cut and the worker is compelled to accept this as his fate. We want that under this new system you should have a bank account; your wages should be deposited directly into your bank so that payment of minimum wages is ensured. You get your due wages in full, without anybody extracting a cut. No one should exploit you. And, once the money is credited into your bank account, you can use your mobile phone as an e-wallet and you do not need any hi-fi smart phone for this, because even with the help of your ordinary mobile phone itself you can make purchases from the neighbourhood shops and make payments as well. That is why, I specially urge our worker brothers and sisters to participate in this scheme because after all I took such a momentous decision for the benefit of the poor people, the farmers, the workers, the deprived and the suffering people of the country and, hence, these benefits must reach them.

I specially want to talk to our young friends today. We keep telling with great fanfare the whole world that India is a country where 65% of the population is below the age of 35 years. I know, dear young men and women of my country, that you have liked my decision. I also know that you support my decision. I even know that you are making a big contribution in positively taking this mission forward. But dear friends, you are my true soldiers, my true partners. We have got a wonderful chance to serve our mother India and to take our country to new economic heights. Dear youngsters, can you please help me? You will be with me but that alone is not enough. The older generation does not have the exposure and experience of the new world which you possess. Possibly your elder brother and even your parents and uncles and aunts also may not know. You know what an 'App' is, what 'online banking' is and how 'online ticket booking' is done. For you

these are routine things and you also make use of them. But, the great task that the country wants to accomplish today is the realisation of our dream of a 'Cashless Society'. It is true that a hundred percent cashless society is not possible. But why should India not make a beginning in creating a 'less-cash society'? Once we embark on our journey to create a 'less-cash society', the goal of 'cashless society' will not remain very far. And I require your physical help, your own time, your own resolve and I am sure that you will not disappoint me because we are the ones nurturing the desire to change for better the life of the poor people of India. You know how many opportunities there are today for a cashless society, for digital banking or for mobile banking. Every bank provides online banking facility. Every bank in India has its own 'mobile App'. Every bank has its wallet. Wallet simply means an e-purse. Various types of cards are available. Under Jan Dhan Yojana, crores of poor families in India have Rupay Cards. Used scarcely earlier, after 8th November the poor people have started using Rupay Cards and this usage has seen almost 300% surge. Just as there is a prepaid card for mobile phones, prepaid cards are also available in banks to facilitate expenditure. UPI is a very useful platform for carrying on trade activities which enables you to make purchases, send money and even receive money. And, this procedure is as simple as sending messages through WhatsApp. Even an illiterate person today knows how to send and also forward WhatsApp messages. Not only this, with the simplification of technology, we do not require any big smart phones for this purpose.

Cash can be transferred even with a phone with ordinary features. A washerman, vegetable vendor, milk supplier, newspaper vendor, tea stall owner or a chanaa vendor, everyone can easily use this facility. I have provided further impetus to simplifying this system even more. All banks are engaged in this and are doing their best. We have

now cancelled the online surcharge and you might have seen in the newspapers during last 2-4 days that all extra charges for such cards have been abolished in order to strengthen the movement towards achieving a 'cashless society'.

My dear young friends, despite all these things, there is an entire generation which is ignorant in these matters. And I know it very well that all of you are actively contributing in this great task. The kind of creative messages that you send on WhatsApp – slogans, poems, anecdotes, cartoons, new imagination, jokes – I am seeing all these signifying the creative power of our young generation amidst the present challenges. This is the speciality of our 'Bharat Bhoomi', our motherland where GITA was created on a battlefield. Today when we are passing through the times of such gigantic changes, your original creativity is manifesting itself within you. But, my dear young friends, I once again tell you that I need your help in this task. Yes, yes, yes – I repeat that I NEED YOUR HELP and I am very sure that millions of young people of our country will accomplish this tremendous task.

You just do one thing, take a resolve today itself that you will yourself become a part of the 'cashless society'. Every technology needed for online spending will definitely be available on your mobile phone. But not only this, you must devote half an hour, one hour or two hours daily to educate at least 10 families about what this technology is, how this technology is to be used, how to download the Apps of your banks, how to spend money from one's account, how to make payment to shopkeepers. Also teach the shopkeepers to conduct their business with this technology. You have to voluntarily lend your leadership to this great campaign, this Maha Abhiyan, to create a 'cashless society', to eradicate corruption from our country, to abolish the scourge of black money and to help people in overcoming their difficulties and problems. Once you teach the poor people about the usage of Rupay Card, they will shower their blessings upon you. When

you teach the common citizen these new techniques, he will probably become free from all his worries. And if all the young people of India join in this great endeavour, I don't think it will take much time. We can emerge and take our place in the world as a new modern India within a period of one month. And you can do this through your mobile phone by going to 10 houses daily and bringing 10 families daily under the ambit of this campaign. I invite you – come, do not just support this transformation but become one of its leading soldiers and ensure that we achieve the desired transformation. We shall carry forward this struggle to free our country from the evils of corruption and black money. There are many countries in the world where the youth have changed the nation's life and it has to be accepted that it is the youth which brings about the great changes, which creates revolutions. Kenya made a resolve and set up a mobile based system M-PESA, adopted appropriate technology which was named M-PESA and today in Kenya, in this region of Africa, total business is ready to shift to this system. That country has brought about a big revolution.

My dear young friends, I once again earnestly appeal to you to take forward this campaign. I invite you to work for this mission individually and collectively in every school, in every college, in every university, in NCC and in NSS. We must take this forward. We have got an opportunity to render a great service to our nation; this chance must not be missed.

Dear brothers and sisters, today is the birth anniversary of a great poet of our country – Shriman Harivansh Rai Bachchan Ji and on this occasion today, Shriman Amitabh Bachchan Ji has given a slogan for Swachhta Mission. You must have noticed, that Amitabh Ji, the most popular actor of this century, has been whole-heartedly promoting the campaign for cleanliness. It appears as if the subject of cleanliness has become so dear to him that even on his father's birth anniversary he remembered the

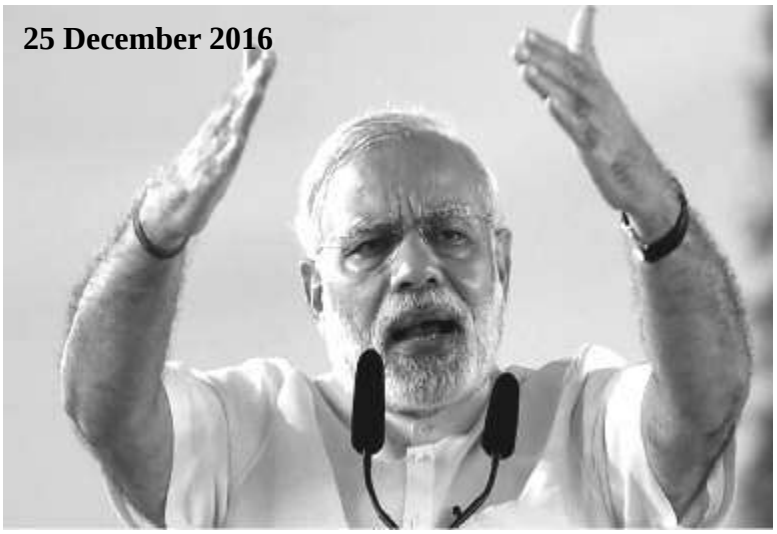
Cleanliness Mission. He has quoted one line from a poem written by Harivansh Rai Bachchan Ji wherein he said: “Mitti Ka Tann, Masti Ka Mann, Kshan Bhar Jeewan, Mera Parichay. (feV~Vh dk ru] eLrh dk eu] {k.kHkj thou] esjk ifjp;)” Harivansh Rai Ji used to give his introduction through this line. His son Shriman Amitabh Ji, who has the cleanliness mission running in his veins, has written to me –“Swachchh Tann, Swachchh Mann, Swachchh Bharat, Mera Parichay. LoPN ru] LoPN eu] LoPN Hkkjr] esjk ifjp; ” based on Harivansh Rai Ji's lines. I respectfully bow to Harivansh Rai Ji. I also thank Shriman Amitabh Ji to connect in such a warm manner with 'Mann Ki Baat' and for taking forward the Cleanliness Campaign.

My dear countrymen, now your views and your sentiments on 'Mann Ki Baat' though your letters, on MyGov, on NaarendraModiApp keep me constantly connected with you. Presently Mann Ki Baat is broadcast at 11 AM but we are going to start its broadcast in regional languages immediately after my Hindi broadcast. I am grateful to Akashvani for taking up this initiative which will definitely provide an opportunity to connect our countrymen even in those areas, where Hindi language is not prevalent. Many thanks to all of you.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

25 December 2016



My fellow countrymen, Namaskar, many felicitations and season's greetings to you on the occasion of Christmas. Today is the day to give importance in our lives to service, sacrifice and compassion. Jesus had said – "The poor do not need our favours but our acceptance with affection." In the Gospel According to Saint Luke, it is written that – "Jesus not only served the poor but also praised the service done by the poor," and this is what real empowerment is. A tale associated with this incident is also very popular. It has been mentioned in that story that Jesus was standing near the treasury of a temple; many rich people came and donated bountifully; then a poor widow came and parted with only two copper coins. Now just two copper coins really do not amount to much. Thus it was natural that there was a lot of curiosity in the minds of the disciples gathered there. Then, Jesus declared that the widow was the greatest of those donors because while the others had donated substantially, that widow had given away all she possessed.

Today, 25th December, is also the birth anniversary of Mahamana Madan Mohan Malviyaji, who kindled resolve

and self confidence in the psyche of the Indian people and gave a new direction to modern education. My most sincere and heartfelt tributes to Malviyaji on his birth anniversary. About two days ago, I had the opportunity to launch many a developmental work in Banaras, the sacred workplace of Malviyaji. I also laid the foundation stone of Mahamana Madan Mohan Malviya Cancer Centre in BHU at Varanasi. This Cancer Centre is going to be a boon for the people of not only eastern Uttar Pradesh but for the people of Jharkhand and Bihar also.

Today is also the birthday of Bharat Ratna and former Prime Minister Venerable Atal Bihari Vajpayee Ji. This country can never forget Atalji's contributions. Under his leadership, the country proudly grew in stature in the field of nuclear power also. Whether in the role of a party leader, Member of Parliament, a minister or the Prime Minister, Atalji always established an ideal. I salute Atalji on his birthday and pray to God for his good health. As a party worker I had the privilege of working with Atalji. Many memories emerge before my eyes. This morning when I tweeted, I shared a video, in which you can see for yourself how as a small party worker one had the fortune of having affection showered upon him by Atalji.

Today, on Christmas Day, as a gift the countrymen are going to get the benefit of two schemes. In a way it is the beginning of two new schemes. Throughout the entire country, be it villages or towns, the educated or the illiterate, there is an atmosphere of curiosity as to what is cashless, how cashless business can take place, how can one make purchases without using cash! Everybody wants to understand and learn from each other. To encourage this trend, to strengthen mobile banking and to inculcate the habit of making e-payments, the Government of India is launching from today encouragement schemes for consumers as well as traders. To encourage customers, the scheme is 'Lucky

Grahak Yojana' and to encourage traders the scheme is 'Digi Dhan Vyapaar Yojana'.

Today, on 25th December, as a Christmas gift, fifteen thousand people will get rewards through a draw system, whereby each of the fifteen thousand winners will have one thousand rupees into their accounts and this will be not for today only; starting today this scheme will continue for the next 100 days. Everyday fifteen thousand people are going to receive rewards of one thousand rupees each. In the next 100 days, lakhs of families are going to receive crores of rupees as gift, but you will be entitled to this gift only if you make use of mobile banking, e-banking, RuPay Card, UPI, USSD – such means and methods of digital payment. The draw for rewards will be done based on your use of such digital payment methods. In addition, there would be a grand draw once every week for such customers in which the prize money will be in lakhs of rupees and three months later on April 14th, on the occasion of the birth anniversary of Dr. Baba Saheb Ambedkar, there would be a mega bumper draw where rewards would be in crores of rupees.

'Digi Dhan Vyapar Yojana' is mainly for traders and businessmen. Traders should adopt this scheme themselves and should encourage their customers too in order to make their business cashless. Such traders will also be rewarded separately and there would be thousands of these rewards. The traders will run their business activities smoothly and will also have an opportunity to win rewards. This scheme has been designed keeping all sections of society in mind, with a special focus on the poor and the lower middle class segments. Therefore only those will get its benefits who make a purchase worth more than 50 rupees but less than three thousand rupees. Those who make purchases of more than three thousand rupees will not be entitled to rewards under this scheme.

Even the poor people can use USSD on simple feature or ordinary mobile phones to buy and sell goods as well as make payments and thus all of them can also become prospective beneficiaries of this reward scheme. In rural areas too, people can buy or sell through AEPS and they can also win rewards. Many will be surprised to know that now there are about 30 Crore, i.e. 300 million RuPay Cards in India, out of which 200 million RuPay Cards belong to poor families which have 'Jan Dhan' accounts. These 300 million people can immediately become part of this rewards scheme. I have confidence that the countrymen will evince interest in this system and if you enquire from the young people around you, they would surely be aware of these things and on your asking will tell you about these. Come on, if there is a child studying in 10th or 12th standard in your family, he or she will also be able to teach you well about this. It is as simple as sending WhatsApp messages on the mobile.

My dear countrymen, I feel delighted to learn that the awareness about how to use technology, making e-payments, making online payments is spreading very fast. During the past few days, the cashless transactions, or cashless trading has increased by 200 to 300%. To give cashless trading a big impetus, Government of India has taken a very major decision. The business community, our traders can well comprehend how momentous this decision is. Those businessmen who adopt digital transactions, who develop online payment process instead of cash transactions in their trade activities will get Income Tax rebate.

I congratulate all the states and union territories, who have promoted this campaign in their own way. The Chief Minister of Andhra Pradesh, Mr. Chandrababu Naidu is the head of a committee which is considering various schemes under this. However, I have seen that the governments also have initiated and implemented many schemes. I've been told that Assam Government has decided to grant a 10% discount

on property tax and business license fee if payments are made through digital transaction. The branches of Grameen, that is, Rural Banks there getting 75% of their customers to make at least two digital transactions between January and March will get 50 thousands rupees rewards from the government. They have announced that under the 'Uttam Panchayat for Digi-Transaction', rewards of 5 lakh rupees will be given to villages doing 100% digital transaction till 31st March, 2017. Assam Government has decided to reward 5 thousand rupees to the first 10 farmers as 'Digital Krishak Shiromani', who will buy seeds and fertilizers entirely through digital payments. I congratulate Assam Government and also all those state governments who have taken such initiatives.

A number of organisations have also successfully carried out many experiments to promote digital transactions amongst the rural folk and poor farmers. I have been told that GNFC or Gujarat Narmada Valley Fertilizers & Chemicals Limited, which primarily manufactures fertilizers, has installed a thousand PoS machines for sale of fertilizers for the convenience of farmers and in just a few days 35 thousand farmers were sold 5 lakh sacs of fertilizers on digital payment and this was accomplished in only two weeks! And the interesting fact is that compared to last year the fertilizer sales of GNFC have gone up by 27 percent.

Brothers and sisters, the informal sector occupies a major segment in our economy and in our pattern of life and mostly these people are paid wages for their labour and hard work in cash. They are paid their salaries in cash and we know that due to this, they are exploited also. If they are to receive 100 rupees, they get only 80 rupees, if they are to be paid 80 rupees, they are given only 50 rupees. They are deprived of facilities like insurance and those associated with health sector. But now the practice of cashless payment is being adopted; the money is being directly deposited into banks. In a way, the informal sector is getting converted into the formal

sector, exploitation is coming to an end, the cut, which had to be paid earlier, has stopped now and it has become possible for the worker, the artisan, such poor persons to get their full amount of money. In addition, they are also becoming entitled to the other benefits due to them.

Our country is blessed with the maximum number of young people. Thus, we are favourably placed for using technology. A country like India should be ahead of everybody else in this field. Our youth have benefitted quite a lot from 'Start-Ups'. This digital movement is a golden opportunity for our youth. They should impart to this as much strength as they can with their new ideas, technology and processes. But we must also connect with the drive to rid the country of black money and corruption with all our might.

My dear countrymen, I request every month before 'Mann Ki Baat' that you please give your suggestions, share your thoughts; and of the thousands of such suggestions received this time on MyGov, on NarendraModiApp, I can definitely say that 80 to 90% suggestions were pertaining to the war against corruption and black money, there was mention of demonetization. After I examined all the suggestions, I can say that these can macroscopically be roughly divided into three categories. Some have written in detail about people facing difficulties and encountering inconveniences. The other group of correspondents have stressed that this is such a good work being carried out for the welfare of the country, such a sacred task but they have also noted that in spite of this there are many scams being committed and new avenues of dishonesty are being explored. The third group is the one which has, while wholeheartedly supporting the action being taken, clearly stressed that this fight must be carried forward; corruption and black money must be completely destroyed and if this requires even more tough steps to be taken, those must be taken. We have many people writing this most emphatically.

I am thankful to the countrymen for helping me by writing these innumerable letters to me. Shriman Gurumani Kewal has written on MyGov – "This step of reigning in black money is praiseworthy. We citizens are facing some difficulties, but we are all fighting against corruption and we are happy that we are making a contribution in this fight. We are battling corruption, black money etc on the lines of Military Forces." The sentiment behind Gurumani Kewalji's text is being echoed in every nook and corner of the country. All of us are experiencing it. When the people face problems, undergo hardships, rare will be a fellow human being who will not empathise. I feel as much pain as you do. But when a task is taken up with a noble objective, to realise a lofty intent, with a clear conscience, the countrymen stay firm courageously amidst all these trials and tribulations. These people are the real Agents of Change, pioneers of transformation. I thank people for one more reason. They have not only braved hardships, but have also powerfully given a retort to those limited few who have been trying to mislead them.

So many rumours were spread, even the fight against corruption and black money was sought to be tainted with shades of communalism. Somebody spread a rumour that the spelling on the currency note was faulty, someone said salt prices had spiraled, someone proclaimed that the 2000 rupee note would also be withdrawn, even 500 and 100 rupee denominations notes were rumoured to be on their way out. But I have seen that despite rampant rumour mongering, citizens have stood firm with their faith intact. And not just that, many people came to the fore and through their creativity and intelligence, exposed the rumour mongers, brought out the falsity of the rumours and established the truth. I salute this great ability of the people also from the core of my heart.

My dear countrymen, I am experiencing one thing

every moment. When a hundred and twenty five crore countrymen are standing by you, nothing is impossible. The people represent the will of the Almighty and their blessings become His blessings. I thank the people of this country and salute them for participating in this Mahayagya against black money and corruption with utmost zeal. It was my earnest wish that the ongoing campaign against corruption and black money, including the realm of political parties and political funding, be discussed extensively in the Parliament. Had the House functioned properly, there would have been comprehensive deliberation. Some people are spreading rumours that political parties enjoy all kinds of concessions. These people are absolutely in the wrong. The law applies equally to all. Whether it is an individual, an organisation or a political party, everyone has to abide by law and one will have to. People, who cannot endorse corruption and black money openly, resort to searching for faults of the government relentlessly.

Another issue which comes up is this. Why are rules changed time and again? This government is for the sake of the people. The government continuously endeavours to take a feedback from them. What are the areas of difficulty for the people? What are the rules that are creating hindrances? And what are the possible solutions? The government, being a sensitive government, amends rules as required, keeping the convenience of the people as its foremost consideration, so that citizens are not subjected to hardships. On the other hand, as I'd said earlier, on the 8th to be precise, this drive, this war is an extraordinary one. For the past 70 years, what kind of forces are involved in this murky enterprise of perfidy and corruption? How mighty are they? When I have resolved to wage battle against them, they too come up with new tactics everyday to thwart the government's efforts. To counter these new offensives, we too have to devise appropriate new responses and antidotes. When the opponents keep on trying

out new tactics, we have to counteract decisively, since we have resolved to eradicate the corrupt, shady businesses and black money.

On the other hand, many people have mentioned in their letters all kinds of wrongdoing which are going on; how newer wily ways and means are being devised. In this context, I offer my heartiest salutations to my dear countrymen for one very remarkable thing. These days you must be seeing on T.V. and newspapers, everyday many new people are being taken into custody, currency notes are being seized, raids are being carried out. Influential persons are being caught. How has all this been made possible? Should I let out the secret? The secret is that my sources of such information are people themselves. Information being received from common citizens is many times higher than that being obtained through government machinery. And we are by and large being successful in our operations on account of the awareness and alertness that the people have displayed. Can anyone imagine the level of risk, which the aware citizen of my country is taking to expose such elements! The information received has largely proved to be fruitful. For those of you wanting to share such information, you can send it on an e-mail address set up by the government for this purpose. You can also provide it on MyGov. The government is committed to fight all such wrongdoings and maladies. And when we have your active support, this fight becomes much easier.

Thirdly, there is another group of letter writers, also existing in large numbers. They say – Modiji, do not feel exhausted, do not stop and take the most stringent measures that you can. Now that you have chosen this path, the journey should culminate at its intended and logical destination. I specially thank writers of such letters, since their writing exudes a certain confidence, fortified with blessings. I sincerely assure you that this is in no way going to be a full stop. This is just the beginning. We have to win this battle and

the question of feeling exhausted or stopping simply does not arise. Armed with the good wishes of a hundred and twenty five crore countrymen, there is no question of a retreat. You are possibly aware of a Law about Benami Property in our country which came into being in 1988, but neither were its rules ever framed, nor was it notified. It just lay dormant gathering dust. We have retrieved it and turned it into an incisive law against 'Benami Property'. In the coming days, this law will also become operational. For the benefit of the Nation, for the benefit of the people, whatever needs to be done will be accorded our top priority.

My dear countrymen, I had mentioned in last month's 'Mann Ki Baat' that even amidst these hardships our farmers toiled tirelessly and broke last year's record in sowing. It is a sign of good times for the agricultural sector. The diligent hard work by this country's workers, and farmers, and youth has scripted a new chapter of success with flying colours. Recently India proudly inscribed her name in various sectors of the global economic scenario. It is solely on account of the tireless exertions of our countrymen that on myriad indicators, India has charted an upward trajectory in global rankings. India's ranking has gone up in the Doing Business Report of the World Bank. We are trying our best to raise the level of the business practices in India to match the best practices in the world on equal footing. And we are succeeding in that. In the World Investment Report released by UNCTAD, India's position has risen to third in the Top Prospective Host Economies for 2016-18. In the Global Competitive Report of the World Economic Forum, India has made a big leap upwards by 32 ranks. In the Global Innovation Index 2016, we have moved up 16 rungs and in the Logistics Performance Index 2016 of the World Bank, we have risen by 19 ranks. There are many reports whose evaluation indicate that India is taking rapid strides ahead.

My dear countrymen, this time the session of

Parliament became the object of ire of our countrymen. Indignation was expressed everywhere about the activities in the Parliament. The President and Vice President also explicitly expressed their displeasure. But even in such a situation, sometimes good things also take place which create a sense of satisfaction in the mind. Amid the din in Parliament, an excellent task was accomplished, which has not attracted due attention of the country. Brothers and sisters, today with pride and joy I would like to mention that a bill in connection with my government's mission on Divyangjan, that is, differently or specially abled people was passed in Parliament. For this, I extend my heartfelt gratitude to all the members of Lok Sabha and Rajya Sabha. On behalf of millions of Divyangjan of the country I express my thanks. Our government is committed to the welfare of Divyaangs. Personally too, I have strived to lend momentum to this campaign. My intention was to ensure that the Divyangjan secure their due rights and also the honour and dignity that they are entitled to. Our efforts and our trust were fortified by our Divyaang brothers and sisters when they returned with 4 medals from the Paralympics. With their triumph, not only did they do the Nation proud, they pleasantly surprised many people through their capabilities and prowess. Our Divyaang brothers and sisters are an invaluable heritage, a precious endowment, just as every citizen of the country is. Today I am immensely delighted that the passing of this Law for the welfare of the Divyaangjan will open up additional avenues of employment for them. In government jobs, the extent of reservation for them has been enhanced to 4%. Special provisions have been provided for in this Law for their education, facilities and also for grievances. The extent of sensitivity of the government towards the Divyaangs can be assessed by the fact that during the last two years, the central government set up 4350 camps for Divyaangs, spent 352 crore rupees for distributing implements to 5,80,000

Divyaang brothers and sisters. The government has passed the new law in consonance with the spirit expressed by the United Nations. Earlier there were seven Divyaang categories; now adding fourteen new categories this has been expanded to twenty-one categories. Many such new categories of Divyaangs have been included thereby providing them for the first time justice and opportunities. For example, categories like Thalassemia, Parkinson's, or for that matter Dwarfism have been included.

My young friends, during the last few weeks, news items coming in from the world of sports have made all of us proud. Being Indians, it is but natural for us to feel elated. In the cricket series against England, India has triumphed 4-0. In this, the performance of some of the younger players deserves a special word of praise. The young Karun Nair scored a triple century and K. L. Rahul played a brilliant 199 run innings. Test captain Virat Kohli batted extremely well and also provided inspiring leadership. Indian Cricket team's off-spin bowler R. Ashwin has been declared 'Cricketer of the Year' as well as 'Best Test Cricketer' by the ICC for the year 2016. My heartiest congratulations and many good wishes go to all of them. After a gap of 15 years, there was good news, in fact grand news from the hockey arena too. The Junior Hockey Team lifted the World Cup. This festive occasion came to us after fifteen years as the Junior Hockey team won the World Cup. Heartiest congratulations to these young players for this grand feat. This achievement is a very good omen for the future of our Hockey team. Last month our Women players too won laurels. Indian Women's Hockey Team won the Asian Champions Trophy and just a few days ago in the under-18 Asia Cup, Indian Women's Hockey Team secured the Bronze Medal. I congratulate all our Cricket and Hockey team players from the core of my heart.

My dear countrymen, may 2017 be a year full of joy and enthusiasm; may all your resolves be crowned with

success; let us scale newer heights of progress; may the poorest of the poor get an opportunity to lead a better and fuller life of happiness and contentment; may 2017 be like this for all of us. For the year 2017, my best and brightest wishes to all my countrymen. Many, many thanks.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

29 January 2017

My fellow citizens, my namaskar to all of you! 26th January, our Republic Day was celebrated with joy and enthusiasm in every nook and corner of the nation by all of us. The Constitution of India, the duties of citizens, the rights of citizens and our commitment to democracy – these in a way make Republic Day also a festival of 'sanskaars', which makes our future generations cognizant of democracy and their democratic responsibilities, and also imparts to them the culture, moral values and norms inherent in our democracy. But still in our country, the duties and rights of citizens are not being debated and discussed as intensively and extensively as it should be done. I hope that the amount of emphasis that is given to the rights at every level during most of the time, is also given to discussing duties of citizens in an emphatic manner. The rights and duties of the citizens constitute the railway track, on which the train of democracy in India can move ahead at a fast pace.

Tomorrow is 30th January, the death anniversary of our revered Bapu. All of us pay tributes to the martyrs who sacrificed their lives for the motherland, by observing silence

for 2 minutes at 11 am on 30th January. As a society, as a nation, the 2 minute tribute of silence on 30th January at 11 am, should become our instinctive nature. This 2 minutes silence is an expression of our collective resolve and reverence for the martyrs.

In our country there is an innate respect for the military and the security forces. I congratulate and felicitate the young heroes and their families who were honoured with various gallantry awards on the eve of this Republic Day. There are various categories of these gallantry awards like Kirti Chakra, Shaurya Chakra, Vishisht Seva Medal and Param Vishisht Seva Medal. I want to urge the youth especially that since you are very active on social media, you can do one thing. Surf the Net to do some research on the valiant bravehearts, who have been bestowed with these honours, compose a few good lines about them and share these with your friends and companions. When we get to know the in depth details of their courage, bravery, valour in detail, we are filled with astonishment and pride and we also get inspired!

While we were all delighted with the tidings of enthusiasm and celebration of 26th January, at the same time, some of our army Jawans posted in Kashmir for the defense of the country, achieved martyrdom due to the avalanche. I respectfully pay my homage to all these brave soldiers, I bow to them.

My young friends, you know very well that I regularly do my 'Mann Ki Baat'. January, February, March, April – all these are for every family, months of most severe test! Normally it is one or two children in a home due to appear at their exams, but the entire family feels the burden of it. This led me to believe that this is the right time for me to talk to my student friends, their guardians and their teachers, because for many years now, wherever I have gone, whomsoever I have

met, examination appeared to be a great source of anxiety. Troubled families, harassed students, tense teachers – one sees a very strange psychological atmosphere prevailing in each home! And I have always felt that we should come out of this situation and, therefore, today I want to talk in some detail with my young friends. When I'd declared that I would talk on this topic, many teachers, guardians and students sent me their messages, questions, suggestions and also expressed their anguish and narrated their problems. And after going through all these outpourings, some ideas came to my mind, which I want to share with you today. I received a telephonic message from Srishti. You too listen to what Srishti has to say: –

"Sir, I want to tell you that during exam time, very often in our homes, in the neighbourhood and in our society, a very terrifying and scary atmosphere pervades. This leads to a situation, where the students instead of feeling inspired feel tremendously down. So I just want to ask you this, can't this be transformed into a pleasant atmosphere?"

Well, the question has been posed by Srishti, but it is a question that must be there in the minds of all of you. Exams in themselves, should be a joyous occasion. After a year of hard work, one has the opportunity to display one's capabilities, so this should be a festival of joy and enthusiasm. But there are very few people for whom there is pleasure in the exam; for most people exam means pressure! Now, it is up to you to decide whether you consider the exams pleasure or pressure. Those who will consider it a pleasure, will have achievements, while those who will consider exams a pressure, will have to repent. And therefore my opinion is that exams are like a festival and, hence, must be celebrated. And when there is a festive mood of celebration, the best within us comes out. The true realisation of the strength of a society also takes place during festivals. The best of everything finds a manifestation. Usually, we think of ourselves as a highly

undisciplined lot, but if we just look at the arrangements made during the Kumbh Melas, which are celebrated for about 40-45 days, these despite being essentially make-shift arrangements, display the great discipline practised by people. This is the inherent strength of a festival. Hence, during examinations too, an atmosphere of festivity should be created in the whole family, amongst friends and around the neighbourhood. And you will see for yourself, that the pressure will be converted into pleasure. The festive atmosphere will lead to a burden-free environment. And I especially urge the parents to create a festive atmosphere during these 3-4 months. All the family members have to work as a team and play with zeal their respective roles to make this festival of examination a success. You will witness for yourself the ensuing change. Actually from Kashmir to Kanyakumari and from Kutch to Kamrup and from Amreli to Arunachal Pradesh, these 3-4 months have examinations galore. It is the responsibility of each one of us that in our own ways, observing our respective traditions and in tune with our respective family surroundings, we should strive to transform every year these 3-4 months into a festival. And therefore I shall say to you 'Smile More Score More'! The more time these days you will spend being happy, the more will be the number of marks you will earn! Just try and see for yourselves! And you must have noticed that when you are happy, you are smiling, you become relaxed automatically, and when you relax instinctively, you're able to recollect very old things also quite effortlessly! A year ago, what the teacher had taught in the classroom, the whole scenario reappears in front of you. And you must know that the power of memory to recall is greatest when we are relaxed. If you are tense, then all the doors seem to be closed, nothing can enter from outside and nothing can come out from inside. The thought process comes to a standstill and that in itself becomes a burden. You must have seen for yourself that during the examinations also,

you're able to recall everything else – the book, the chapter, the page number, whether what you want is there on the top of the page or at its bottom, you can recall everything but not the particular word you want to. But as soon as you finish the examination and exit from the examination hall, suddenly you recollect that very word. And you say to yourself – Yes, Man, that was the word I wanted! Why you could not remember the word inside the hall, was due to the pressure. And how you could recall it outside? It was the same you, nobody had now told you the answer! What happened was that whatever was inside, came out immediately and the reason was that you were now relaxed. And therefore the most effective medicine that exists for memory recall is relaxation. And it is by my own personal experience that I'm telling you that if you're under pressure then you forget even your own things but if you are relaxed, then you can't even imagine the kind of things you are able to remember, and these become extremely useful. It is not that you do not have the knowledge, it is not that you do not have the information, and it is not that you have not worked hard! But when there is tension, your knowledge, your wisdom, your information – all these buckle under and the tension rides over you. And therefore it is necessary to remember that 'a happy mind is the secret for a good mark sheet'! Sometimes it also appears that we are not able to perceive examinations in a proper perspective. It seems to become a question of life and death. See, the exam you are going to appear at is the exam of what you have studied during this whole year. But it is not a test of your life. It is not a test of what kind of life have you lived, how is the life you are living now and what is the life you aspire to live. There must have been many occasions in your life, when, besides the examinations that you appeared at inside the classrooms with notebooks, you had to encounter and endure many tests and trials. And thus success and failure in life is not determined at all by how one has done at the examination; this

is a burden from which you must free yourself. We all have before us the extremely inspiring example of our former President Dr. A.P.J. Abdul Kalam. He appeared at the test for recruitment into the Air Force, and failed in that. Now suppose that this failure had caused him to become dejected, to concede defeat in his life, then would India have found such a great scientist and such a glorious President? No, never! One Richa Anand Ji has sent me this question: –

"Today what I see as the biggest challenge facing the education is that it has come to focus solely on examinations. Marks have become all important. As a result, the competition has multiplied leading to a very high increase of stress in the students also. So I would like to know your views concerning the current direction of education and its future course."

Although she herself has given the answer to her query, but Richa Ji wishes that I too must put forth my views on the matter. Marks and mark-sheet serve a limited purpose. Life is not confined to these only. Life truly means what is the knowledge that you have acquired! Life truly goes on in terms of whether whatever you have learned, you have tried to live that also! Life moves ahead depending upon the condition that whatever the sense of mission you have achieved and whatever is the sense of ambition that you nurture, whether there is any ongoing co-ordination between your sense of mission and your sense of ambition! If you will have faith in these things, then marks will automatically follow you and you will never have to chase marks! It is the knowledge that is going to be of use to you in life, so are skill, self-confidence and determination. You tell me, you must be having a family doctor to whom all the members of your family must be going whenever needed. There would not be a single person in your family who might have asked that family doctor as to how many marks did he score while passing his exam. None could have raised this question. All of you would have thought that

as a doctor he was good, you were finding relief in his treatment and thus you started taking his services regularly. When you have to fight a big law suit and you go to a lawyer to engage his services, do you look at the mark-sheet of that lawyer? You only look at his experience, his knowledge, and the graph of his success. And therefore this burden of hankering for marks hinders us sometimes from going in the right direction. But that does not mean that I'm implying that you don't have to study at all. Studies are definitely useful for testing our own mettle; to know where I stood yesterday and where I stand today. But this also happens sometimes and if you analyse minutely the journey of your own life, you will realise that if you start running after marks, you will look for the shortest ways, and will identify a few selected things and focus on those only. But if something comes from outside those few things you had touched upon; a question comes which is outside the bunch of selected questions that you had prepared; you will be find yourself slipping to the rock bottom. If you have pursuit of knowledge as your focal point, then by itself you try to acquire and attain a lot more. However if you concentrate and focus only on getting marks, then you gradually go on limiting yourself and confine yourself to certain areas for earning more marks. Thus, you may find that despite becoming brilliant in passing the exams, you have sometimes failed in life.

Richa Ji had also mentioned about 'PRATISPARDHA', meaning 'competition with others'. It is a huge psychological battle. In reality, it is not the competition with others that takes us ahead in life but it is competing with ourselves or 'ANUSPARDHA', which takes our life forward. How can tomorrow be made better than yesterday! How can a future occasion be used to improve upon the past results. To make myself instantly clear, I shall cite an example from the field of sports. It is a feature in the life of most of the successful players that they compete with themselves. Let us

take the example of Mr. Sachin Tendulkar. He kept on breaking his own records consecutively and consistently for about twenty years, everytime surpassing and outdoing himself and thus continuously forging ahead. What a wonderful journey of life he has had, only because he followed the route of competing with himself rather than competing with others!

Friends, in every field of life and when taking exams, if you were able to study peacefully for two hours earlier, then are you now able to do so for three hours? If you couldn't wake up at the decided time in the morning and were thus delayed, now can you get up early on time? You couldn't sleep earlier due to exam tension, are you able to sleep now? Put yourself to test, and you'll find that a defeat in competition with others results in frustration, disappointment, despair and jealousy, but 'Anuspardha' or 'competition with self' leads to self-analysis and introspection and makes our determination stronger and more resolute. And when we prevail over ourselves, then the motivation to do better becomes innate, you don't need any external sources of energy. That energy is generated from within on its own. If I have to put it in a simple language, then I would say that when you compete with someone else, there are three broad possibilities that arise – first, that you are much better than him; second, that you are much worse than him; and the third that you are equal to him. If you are better than your competitor, then you will become complacent,as you will be filled with over-confidence. If you perform poorly against him, you will become distressed and disappointed, will be filled with envy, that will devour and consume you. And if you are equal to your competitor, then you will never feel the need to improve, life will just go on at its own pace. Therefore I urge you to engage in 'Anuspardha', or 'competition with self'. You must focus on how to improve upon your past performance and how to perform even better. And you'll witness for yourself the positive change that it will

bring about in you.

Shriman S. Sunder Ji has expressed his feelings on the role of parents. He says that during exams, parents have a vital role to play. He further writes, “My mother was not educated. Yet, she would sit by me and ask me to solve problems in Mathematics. She would then compare answers and thus be of great help to me. She would help me rectify errors. My mother did not clear the Class 10 exam, yet without her aid, it would have been impossible for me to pass the CBSE exam.”

Sunder Ji, what you say is absolutely correct. And you must have observed today also that women are a majority amongst those who ask me questions or send in suggestions. Mothers who are consciously aware of and actively alert to their children's future, play a big role in assuaging the atmosphere at home. I shall urge parents to lay emphasis on just three points – acceptance, mentoring and sharing time. Accept things as they are. Whatever capabilities you posses, use these to mentor your children, and, howsoever occupied you might be, spare time for them, be with them. Once you learn to accept, maximum number of problems will be solved there and then. Every parent must be experiencing this. Expectation on the part of parents and teachers is the root cause of the problem. Acceptance brings about new avenues in finding solutions to problems. Expectations make the path difficult. Accepting a certain state provides us with the opportunity of opening up newer vistas. Just accept things as they are. You will feel much lighter. We keep deliberating on the heavy weight of our tiny tots' school bags, but there are times when I feel that expectations and aspirations on the part of parents are far too heavier compared to those school bags.

Once, many years ago, one of our acquaintances was admitted to a hospital, following a heart attack. Former M.P. Purushottam Mavlankar, son of India's first Lok Sabha Speaker Ganesh Dada Mavlankar, had come to the hospital to

see him. I was present there and I saw that he did not ask a single question on the state of his health; he just sat down with no reference to the ailment or to the situation. He started cracking jokes and lightened the atmosphere in a matter of just a few minutes. In a way, we terrify a patient with constant references to his ailment. I would like to convey to parents that we do exactly the same with our children. Have you ever thought of creating an atmosphere of joy and laughter for children during exams? See it for yourself, the whole ambience will be transformed.

I have received an incredible phone call. The gentleman does not wish to reveal his name. When you listen to the call, you will come to know why he does not want to identify himself!

“Namaskar, Pradhan Mantriji, I cannot divulge my name because of something that I did in my childhood. Once, when I was young, I had made an attempt to cheat in my exams. And I started preparing most thoroughly for that. I tried to explore and find out various methods of copying and wasted a lot of time because of that. I could have very well secured the same marks by devoting that time to studying, which I wasted while pondering how to copy. Moreover, when I tried to use unfair means to pass the exam, I got caught and a lot of my friends around me also had to undergo distress because of me.”

What you say is right. These shortcut ways become the reason for using unfair means. There are times when not having enough confidence in oneself makes one crave to peep into a fellow student's answer sheet, may be just to confirm if one has written the correct answer. Sometimes it happens that our own answer is correct and the other's answer is wrong. But we somehow believe that the other's actually wrong answer is the right one, which leads to our own undoing as well. Thus unfair means lead us nowhere. 'To cheat is to be

cheap, so please do not cheat'. Cheating makes you bad, so stay away from it. Time and again you must have heard advisories on staying away from unfair means. I am reiterating the same, once again. Look at the scourge of cheating, copying and such unfair means from any angle and in any form; it is surely going to drag you into the abyss of failure in life. Over and above that, if the invigilator catches you cheating during the exam, you will be utterly ruined. And suppose, you are not caught, even then your own conscience will be burdened for lifetime. When the time will come to counsel your own children, you will not be able to look them clearly in the eye, burdened as you will be with your own sense of guilt. And once you are habituated to using unfair means, you will never feel the desire to actually learn anything in life. Where will you reach then?

It is as if you are yourself digging holes in your pathways. And, I have seen that there are people who squander so much of their talent, invest their entire creativity in finding ingenious ways and means in designing unfair methods. If one devotes the same time and the same creativity in addressing issues pertaining to exams, one would never require any unfair means in the first place. Results that you achieve through your own hard work and diligence will invest you with a phenomenal and extra-ordinary self-confidence.

Now listen to this phone call, which I have received: –

"Namaskar, Pradhan Mantri Ji, my name is Monica and since I am a class 12th student, I wanted to ask you a couple of questions regarding the Board Exams. My first question is, what can we do to reduce the stress that builds up during our exams and my second question is, why are exams all about work and no play. Thank you."

During exam days, if I talk about sports and games, your teachers, your parents will be angry with me. "What kind of a Prime Minister is this, who is asking children to come out

and play during exams," they might say! People generally nurse the notion that if students indulge in sporting activities, they become careless about their studies. This notion is basically unfounded. It is the root cause of this problem. If one has to achieve holistic development, the fact is that there exists a huge world, a life beyond books; and this precisely is the time to learn living that life also. If someone says, "Let me finish with all exams first, I will play and do other things later"; well, that is impossible. This is THE time for moulding one's life. This is what upbringing is all about. As a matter of fact, in my opinion, three things are crucial – proper rest, the other is the requisite amount of sleep, the third is the body, which is a major component, way beyond mental activity. Other parts of the body too require physical activity. With so much to do, have you ever thought of spending a couple of moments gazing at the sky, looking with wonder at the flora around you, lightening your spirits a bit! You will notice that you will return to your study room and be amongst your books with a renewed freshness. Whatever you are doing, take a break, have a stroll outside, enter the kitchen, look for something that you relish to eat, munch on your favourite biscuit if possible, tell or listen jokes and laugh for a while. If only for five minutes, give yourself a break. You will feel the onset of a certain ease in your work. I do not know if everyone likes this or not, but I am saying it out of personal experience. Deep breathing during these times is very beneficial. It relaxes you. And for deep breathing you do not need to confine yourself to your room. Just be under the open sky, go to the roof top, do deep breathing for five minutes and return to your studies. You will experience relaxation in your body. A relaxed body equally relaxes your mental organs. Some of you feel like studying more and more, keeping awake for late hours in the night. No. Ensure adequate sleep for the body that is required. It will help you avoid wastage of study time; it will enhance your ability to study well. Your concentration

will increase. You will feel a certain freshness. Your overall efficiency will rise by leaps and bounds. When I address election rallies, sometimes I suffer from a sore throat or a hoarse voice. Once a folk singer came to meet me. He asked me, “How many hours do you sleep?” I asked him if he was a doctor. He said, “No, but it is linked with your voice problem brought on by delivering so many election speeches. Only when you get adequate sleep, your vocal chords will be able to rest fully.” Well, I had never given a thought to a possible connection between my sleep, my speeches and my voice. It was as if he had given me a herbal panacea. Actually, we should understand the importance of these things, it will surely benefit you. But this does not mean that you keep sleeping all the time. Some might remark that since the Prime Minister has said so, just keep sleeping, there is no need to wake up and study. Please, do not do that, else your family members will be displeased with me. And when your mark sheet arrives, if they are not happy with that, they will not see you but only me. So, avoid doing that. And hence I will say, “P for prepare and P for play', one who plays blossoms, the person who plays, shines. This is a wonderful remedy for maintaining the vigour of the mind, brain and body.

Anyway, young friends, you are engrossed in preparing for your exams and here I am, engaging you in matters close to my heart. Of course, it is quite possible that my words this morning will act as a relaxant for you. In the same breath, I will add that do not let these remarks of mine be a burden on you. Do it only if you can. If you cannot do it, please do not do it, else this too will weigh heavily on you. Just as I advise your parents not to be burdensome to you, the same applies to me too. Keeping your resolve in mind, with confidence in yourself, set out for your exams. My best wishes to your. In order to clear a test, treat the test as a festive occasion. You will never feel a test, a test again. Make headway with this Mantra.

My dear countrymen, on 1st February 2017, Indian Coast Guard is completing 40 years. On this occasion I extend my heartfelt gratitude to all the officers and jawans of Coast Guard for their service to the Nation. It is a matter of pride and honour that with its indigenously built 126 ships and 62 aircrafts, it has carved a coveted place for itself amongst the 4 biggest Coast Guards of the world. The motto of Coast Guard is 'Vayam Rakshaamaha.' We protect. True in letter and spirit to the motto, securing the country's maritime borders and maritime environment, the jawans of Coast Guard are relentlessly at work night and day, braving the most adverse conditions. Last year, personnel of Coast Guard undertook a campaign of cleaning up of our coastal areas also, over and above their routine duties. Thousands participated in this campaign. Along with coastal security, they displayed concern towards coastal cleanliness and deserve accolades for their act. Not many people would be aware that in our Coast Guard, not just men, but women too are discharging their duties and responsibilities shoulder to shoulder, and most successfully. Our Coast Guard women officers are pilots, work as Observers, and not just that, they command Hovercrafts as well. In the backdrop of the fact that maritime security today has become an issue of global concern and the excellence displayed by Coast Guard in securing India's coast line, I extend my heartiest felicitations to them on their 40th birthday.

1st February is the festival of Vasant Panchami. Vasant, that is Spring, is acknowledged as the best of seasons. Vasant is RITURAJ, the king of seasons. In our country, Saraswati Pooja is done on Vasant Panchami; Vasant Panchmi is a major festival. It is considered an occasion to worship Vidya, knowledge. And not just that, it is a celebration of inspiration for brave hearts. 'Mera Rang de Basanti Chola' is a perfect example of that. I extend my best wishes to my countrymen on the pious occasion of Vasant Panchami.

My dear countrymen, in 'Mann Ki Baat', All India Radio too infuses myriad novel hues of creativity and imagination. Last month onwards, they have started broadcasting versions in regional languages, immediately after the broadcast of my 'Mann Ki Baat'. This has gained wide acceptance. People are writing in from far and wide. I felicitate All India Radio for this self-inspired initiative from the core of my heart. 'Mann Ki Baat' gives me a great opportunity to be connected with you. Best wishes to you. Thank you.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

26 February 2017

My dear countrymen, Namaskar. Winter is on its way out. Vasant, the season of spring has just started to step into our lives. After the departure of PATJHAD, when old and withered leaves fall, new leaves begin to sprout on the trees. Flowers bloom. Gardens and orchards sport a verdant green. The melodious chirping of birds warms the cockles of our hearts. Not just flowers, fruits too appear to be shining bathed in the sun rays on tree branches. The flower heads of the summer fruit mango manifest themselves in the spring season itself. At the same time bright yellow flowers of mustard swaying in their fields kindle hope in the hearts of the farmers. Blossoming of bright red Jungle Flame flowers, better known as Tesu or Palash heralds the advent of Holi. Amir Khusro has portrayed these moments of change of season in a very interesting manner. Amir Khusro has written:

Phool rahi sarson sakal ban

Ambwa phoote, Tesu phoole

Koyal bole, daar daar,

that is,

Behold the mustard blooming everywhere, all around Here the inflorescence on the mango tree, there the Jungle Flame blossoms The nightingale can't help but sing merrily on the branches.

When nature is at her joyous best, when the season is enchanting, we human beings too enjoy this to the fullest. The festivals of Vasant Panchami, Mahashivratri and Holi, impart hues of happiness to a person's life. In an ambience of love, brotherhood and humanity, we are about to bid adieu to the last month of Phalgun and are eagerly awaiting to welcome the arrival of the new month of Chaitra. The Ritu of Vasant, that is, the season of spring is indeed the confluence of these two months.

At the outset, I express my gratitude to lakhs of citizens of our country for sending in a multitude of suggestions when I ask for them before 'Mann Ki Baat'. On the NarendraModiApp, on Twitter, on Facebook, by post – I thank all of you for that.

Shobha Jalan has written to me on the NarendraModiApp that many in the public are not aware of the achievements of ISRO. And therefore she wants me to provide some information on the recent launch of 104 satellites and the Interceptor Missile. Shobha Ji, thank you very much for paying attention to this shining example of India's pride. Whether it is eradicating poverty, preventing diseases, connecting with the world, or disseminating knowledge and information, technology and science have made a mark for themselves. 15th February, 2017 is a day of immense pride for India. Our scientists have brought laurels to the nation, witnessed by the whole world. And we know that over the last few years, ISRO has accomplished various unprecedented missions with flying colours. After the successful mission of sending Mangalyaan to planet Mars, recently ISRO scripted a world record in the arena of space. In

a mega mission, ISRO has successfully launched 104 satellites simultaneously into space. These satellites belonged to various countries such as America, Israel, Kazakhstan, Netherlands, Switzerland, UAE and, of course, India. India has created history by becoming the first country to launch successfully 104 satellites into space at one go. And what is further heartening is the fact that this was PSLV's 38th successive successful launch. This is a historic achievement for not just ISRO but for all of India. This cost effective, efficient space programme of ISRO has become a marvel for the entire world; the world has admired this success of Indian scientists of India whole-heartedly.

Brother & sisters, one out of these 104 satellites is extremely important. It is Cartosat 2D, which is India's satellite and the pictures clicked through it will be of great help in mapping of resources and infrastructure, evaluating development and planning for urban development. Particularly for my farmer brothers and sisters, our new Satellite Cartosat 2D will be immensely helpful on a whole lot of subjects such as knowing how much water is there in our existing water sources, how this should be best put to use, what things to keep in mind in this regard. Almost immediately after its launch, our satellite has sent back some pictures. It has commenced functioning. It is also a matter of exultation for us that this entire campaign was led and steered by our young scientists, our women scientists. This tremendous participation of youth and women is a major glorious dimension in ISRO's success. On behalf of our countrymen, I heartily congratulate the scientists at ISRO. Adhering consistently to the objective of bringing Space Science to the common man, for the service of the nation, they are creating one record after another. One runs short of words in complimenting and congratulating our scientists, their entire team.

Shobha Ji has asked one more question and that

pertains to the security of India. It is about India having acquired a great capability. This important matter has not been discussed much, but it has drawn Shobha Ji's attention. In the field of defence also, India has successfully test fired the Ballistic Interceptor Missile. During its trial, this missile, based on interceptor technology, destroyed an enemy missile at an altitude of about 100 km above the surface of the earth and thus marked its success. This is a significant, cutting edge competency in the arena of security. And you will be happy to know that hardly four or five countries in the world possess this capability. India's scientists have demonstrated this prowess. Its core strength lies in the fact that if, even from a distance of 2000 km, a missile is launched to attack India, our missile can pre-emptively destroy it in the space itself.

When we witness new technology, or a new scientific feat, we are left overwhelmed with joy. Inquisitiveness has played a significant role in the journey of progression of human life and development. And those gifted with extra-ordinary intelligence do not let inquisitiveness to remain just that; they begin further questioning it, look around for newer queries, and try to create new realms in the spirit of enquiry. This incessant spirit of enquiry leads to new inventions. They do not rest till they obtain an answer. If we try to take a bird's eye view of thousands of years of the onward march of human life and progress, we can easily say that this great journey has no point of culmination. A full-stop is impossible. Attempting to know the universe, the laws of Nature, the inner recesses of the human mind is an unending process. This is what begets new Science, new technology. And every technology, every new form of Science gives birth to a new era.

My dear young friends, while we refer to Science and the sheer perseverance of scientists, I have many a time said in 'Mann Ki Baat', that the attraction of Science for our young generation should increase. The country needs more and more scientists. Today's scientist becomes a potent catalyst

for enduring change in the lives of our future generations.

Mahatma Gandhi used to say, “No Science has dropped from the skies in a perfect form. All Sciences develop and are built up through experience”.

Revered Bapu had also remarked, “I have nothing but praise for the zeal, industry and sacrifice that have animated the modern scientists in the pursuit after truth”.

When Science is harnessed keeping in minds the needs of common folk, when ways and means to naturally use those principles for people's requirements are devised, when appropriate mediums and technologies are deliberated upon, it paves the way for it to be considered the most valuable contribution for general humanity. Recently, during the 14th Pravasi Bharatiya Diwas, Niti Aayog and India's Foreign Ministry had organized a unique competition. Socially useful innovations had been invited. These innovations were identified and showcased, and people were being informed about them, along with touching upon such issues as harnessing them for the use by the common people and their mass production and commercial utilization. I saw the volume of remarkable work done in that area. To give you an example, I came across an innovation for our poor fishermen brethren. It is a simple mobile App. But it is so powerful that when a fisherman goes to sea for fishing, this App is able to provide guidance for direction to locate the most productive fishing zones and also provide multifarious types of information such as the direction and speed of the wind, the height of waves and so on. This whole array of information is available on this mobile App which can be utilised by our fishermen brethren for moving to those areas with maximum fish presence in a very short time and thus earning their livelihood.

There are times when a problem portrays the importance of Science for finding its solution. In 2005, there

was a very heavy downpour in Mumbai, which resulted in flooding, and even high tides in the sea, leading to terrible hardships. Whenever a natural calamity strikes, it is the underprivileged, who are the first in bearing its brunt. In that situation, two persons worked in right earnest and developed a dwelling structure that saves the house and its occupants, mitigates the water-logging and can prevent water borne diseases also. There were a large number of such innovations.

What I'm trying to infer is that in society, in the country, there are many who take on such roles. And our society is also increasingly turning out to be technology driven. Systems are getting technology driven. In a way, technology is becoming an inseparable part of our lives. In the recent days, one can see a lot of emphasis being laid on Digi-Dhan. Gradually, people are shedding their hard currency mindset and moving towards digital currency. Digital transactions in India are witnessing a very rapid surge. The young generation, in particular, is getting habituated to digital payments through its mobile handsets. I believe this to be a good portent. In recent times, Lucky Graahak Yojana and Digi-Dhan Vyapari Yojana have received overwhelming support. For about two months now, everyday fifteen thousand people have been winning a prize of a thousand rupees each. And through these two schemes, the process to make digital payment a mass movement has been initiated; it has received a rousing welcome in the entire country. It is a delight to learn that till now, under the Digi-Dhan Yojana, ten lakh people have been rewarded, over fifty thousand traders have won prizes and an amount of almost over a hundred & fifty crores rupees has been earned as prize money by people who have promoted and carried forward this great campaign. Under this scheme, there are more than a hundred customers who have received prizes of one lakh rupees each. There are more than four thousand traders who have got prizes of fifty thousand rupees each. Be they farmers, traders, small

entrepreneurs, professionals, housewives, students – all are enthusiastically participating and also getting benefits from it. When I wanted to know the analysis, as to whether it's only the young people who come forward or there are elders persons too, I was heartened to learn that among the recipients, there were 15 year old young persons, as well as elderly people aged 65-70.

Shriman Santosh Ji from Mysore, expressing joy, has written on the NarendraModiApp that under the Lucky Grahak Yojana, he received a reward of a thousand rupees. But I feel I must share with you what he has written most prominently. He says that when he received this reward, it struck him that a poor old woman had lost all her belongings because of a fire that broke out in her house. He felt she had more a rightful claim on the reward he had got and gave away the thousand rupees to her. And he derived a lot of Santosh, that is, satisfaction through his deed. Santosh Ji, your name and your deed – both are sources of SANTOSH, satisfaction for all of us. You have done something that is exemplary and inspiring.

A 22-year old cab driver brother Sabir from Delhi adopted the digital mode in his transactions after demonetisation and went on to win a prize of one lakh rupees under the 'Lucky Grahak Yojana' of the Government. Though he continues to be a driver, in a way, he has now become an ambassador for this scheme. He keeps imparting knowledge about digital usage to his passengers all the time. He is extremely enthusiastic and motivates others also to go digital.

One young post-graduate student Pooja Nemade from Maharashtra keeps sharing her experience with friends about how her family members are using RuPay Card and e-wallet facilities and deriving enjoyment out of it and also as to how important the prize of rupees one lakh is for her. She has taken up this in a mission mode and is bringing others into its fold.

I urge my countrymen, especially the youth of our country and those who have won prizes under 'Lucky Grahak Yojana' or 'Digi-Dhan Vyapar Yojana' to become ambassadors of these schemes on their own. Lead this movement. Take it further as it has a very major and prominent role in the fight against corruption and black money. To me, each and every individual involved in this mission constitute a new anti-corruption cadre in the country. In a way you are a soldier in the cause of cleanliness and purity. You know that this scheme will complete its 100 days on 14th April, the birth anniversary of Dr. Babasaheb Ambedkar, a truly memorable day. There is going to be a very big draw of prizes worth crores of rupees on 14th April. There are still about 40-45 days left for that. Can you do one thing in the memory of Babasaheb Ambedkar? We have recently celebrated 125th birth anniversary of Baba Saheb Ambedkar. Remembering him, you teach at least 125 persons about downloading the BHIM App. Also teach them about the procedure of making transactions through this App; teach this specially to small traders in your neighbourhood. Give special importance to Baba Saheb Ambedkar's birth anniversary this time and the BHIM App. For this, I would like to say that we have to strengthen the foundation laid by Dr. Baba Saheb. We have to go from door to door associating everybody in order to place the BHIM App in 125 crore hands. Since its beginning about two-three months ago, this movement has had a clear impact and has been a very big success in many townships, villages and cities.

My dear countrymen, agriculture makes a very major contribution to the fundamentals of our country's economy. Economic prowess of villages imparts momentum to the nation's economic progress. I wish to share a very happy news with you today. Our farmer brothers and sisters have toiled hard to fill our granaries. The hard work of the farmers has resulted in a record production of food grains. All signals

indicate that our farmers have broken all previous records. There has been such bountiful crop this time in the fields of our farmers that every day has appeared to be a celebration of Pongal and Baisakhi. More than two thousand seven hundred lakh tonnes of food grains have been produced in the country this year. This is 8 percent more than the last record set up by our farmers. Thus, it is an unprecedented achievement in itself. I want to specially thank the farmers of the country. I also want to thank our farmers for keeping the poor in mind and adopting cultivation of various pulse crops also besides the traditional crops because pulses are the biggest source of protein for poor people. I am happy that the farmers of my country heeded the needs of our poor people and cultivated various pulse crops on about 290 lakh hectare land. This is not merely the production of pulses but a yeoman service rendered by the farmers to the poor of my country. My farmer brothers and sisters deserve special gratitude for the way they whole-heartedly accepted my request, my prayer and put in their hard labour to get a record production of pulses.

My dear countrymen, the government, society, institutions, organizations, in fact everyone, is making some or the other effort towards greater cleanliness. In a way, everyone is seen working towards the cause of cleanliness in a conscious manner. The government is continuously making efforts in this regard. Recently, an event was organised in Telengana under the leadership of the Secretary of our Ministry of Water and Sanitation of the Government of India, in which senior officers from 23 state governments participated. And, this was not confined to having just a closed door seminar, but the importance of cleanliness was practically demonstrated at Warangal in Telangana. Toilet pit emptying exercise was carried out in Hyderabad on 17th and 18th February. Toilet pits in six houses were emptied and cleaned and the officers personally demonstrated that the used up pits of twin pit toilet can be emptied and then re-used.

They also displayed as to how convenient these new technique toilets are and there is absolutely no inconvenience or hesitation in emptying or cleaning these toilets and even the psychological barrier does not come in the way at all. And, we can ourselves clean these toilet pits just as we do other general cleaning. And, this exercise showed results, media in the country gave it wide publicity and highlighted its importance. And it is quite natural also because when people see an IAS officer cleaning a toilet pit himself, the fact is naturally noticed by the country. And we consider the waste taken out from a toilet pit as sheer useless garbage but if considered from the angle of its use as a fertiliser, this, in a way, is black gold. We can clearly see the conversion of waste to wealth. This has been proved too. For a family of six members, the model of one standard Twin Pit Toilet gets filled in about five years. After that the waste can easily be redirected to the other pit. This waste deposited in the pit gets completely decomposed in six to twelve months time. This decomposed waste can be safely handled quite conveniently and can be used as 'NPK' which is a very useful fertilizer. Our farmers know 'NPK' very well. It contains nutritious elements Nitrogen, Phosphorous and Potassium in abundance and is considered a fertiliser of very good quality in the agriculture sector.

Others must also have experimented with initiatives similar to those undertaken by the Government. Now Doordarshan is broadcasting a special programme of 'Swachchhta Samachar', that is 'Cleanliness News'. Highlighting such things in this programme will be very beneficial. Various government departments regularly observe Cleanliness Fortnight. During the first fortnight of March, Women and Child Development Ministry along with the Ministry of Tribal Affairs will be laying stress on the Cleanliness Campaign. And two other ministries, the Ministry of Shipping and the Ministry of Water Resources,

River Development and Ganga Rejuvenation will take the Cleanliness Campaign forward during the last two weeks of March.

We know that whenever an Indian achieves something notable, the whole country feels a new energy and the self-confidence gets a boost. We all hailed the commendable performance by our Divyang Players at Rio Paralympics. India defeated Pakistan in the final of the Blind T-20 World Cup held earlier this month to become World Champions for the second consecutive time and thus raised our national prestige to a new height. I once again congratulate all players of our team. The country is really proud of these Divyang friends for their achievement. I always believe that Divyang brothers and sisters are capable, strongly determined, courageous and possess tremendous resolve. We get to learn something each moment from them.

Be it the field of sports or space science, the women of our country lag behind none. They are moving ahead shoulder to shoulder and are bringing glory to the nation with their commendable achievements. Our women players won a silver medal at the Asian Rugby Sevens Trophy recently. My heartiest congratulations to all these players.

The whole world celebrates 8th March as Women's Day. In India also more importance needs to be given to our daughters along with increased awareness and sensitivity towards them. 'Beti Bachao – Beti Padhao' movement is moving forward with rapid strides. This is no longer just a government programme. It has now become a campaign of societal empathy and public education. During the last two years this programme involved the common man; it has forced people from all corners of the country to think and ponder over this burning issue; and brought about a change in people's thinking about our traditional beliefs and customs which have been prevalent for many years. It gives us great

joy and happiness when we hear the news of festive celebration on the birth of a daughter. In a way, a positive mindset towards our daughters is leading towards societal acceptance. I have heard that in Cuddalore district of Tamil Nadu, child marriage has been banned under a special campaign. About 175 child marriages have been prevented so far. The district administration has opened bank accounts of over 55-60 thousand daughters under 'Sukanya Samridhi Yojana'. In Kathua district in Jammu & Kashmir, all departments have been connected with 'Beti Bachao – Beti Padhao Yojana' under the Convergence Model and in addition to the convening of Gram-Sabhas, all efforts are being made by the district administrations for adoption of orphan baby girls and to ensure their education. In Madhya Pradesh, under the "Har Ghar Dastak" programme a campaign is being run to go to every village and every house to encourage education of daughters. In Rajasthan 'Apna Bachcha, Apna Vidyalaya' campaign is being run to readmit those girls into schools, who had dropped out, in order to encourage and motivate them to start studying again. I mean to say that 'Beti Bachao – Beti Padhao' movement has also developed in many shapes and forms. This entire movement has become a people's movement. New imagination and new concepts have been linked and connected with it. This movement has been moulded as per local requirements. This, I believe, is a healthy sign. As we get ready to celebrate 'Women's Day' this 8th March, there is only one sentiment: –

With Strength, with Vitality, the Indian woman comes to the fore Rightfully deserves equality – neither less, nor more.

My dear countrymen, all of you get an opportunity to express your views from time to time in 'Mann Ki Baat'. You also connect actively with this programme. I get to know so many things from you. I get to know as to what all is happening on the ground, in our villages and in the hearts and

minds of the poor. I am very grateful to you for your contribution. Thank you very much.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

26 March 2017

My dear countrymen, Namaskar. Parents in most parts of the country must be busy with their children's examinations. There would be a sense of relief where the examinations are over, but where the examinations are still on, there certainly would still be some amount of pressure. However, at a time like this I would only say that students may listen again to what I had said in my 'Mann Ki Baat' last time. I am sure that my suggestions there will be of substantial help while they sit for their examinations.

Today is the 26th of March. 26th March is the Independence Day of Bangladesh. It was a historic war against injustice, which was fought under the leadership of "Banga-Bandhu" and led to the unprecedented victory of the people of Bangladesh. I extend my heartfelt greetings to the brothers and sisters of Bangladesh, on this significant day. And I hope that Bangladesh marches ahead on the path of progress. I also assure the citizens of Bangladesh that India is a strong partner, and a good friend, and we will continue to work together shoulder to shoulder to contribute towards the peace, security and development of this entire region.

It is a matter of great pride for all of us that

Rabindranath Tagore and his memories are a shared heritage. The National Anthem of Bangladesh too, has been composed by Gurudev Rabindranath Tagore. There is a very interesting fact about Gurudev that in 1913 he was not only the first Asian to receive the Nobel Prize, but Knighthood was also conferred upon him by the British. After the Jallianwallah Massacre by the British in 1919, Rabindranath Tagore was one of the legendary figures, who raised their voices in protest. And it was at the same time, that this event left a very deep impact on a twelve-year-old boy. The inhuman massacre at Jallianwalla Bagh, provided a new inspiration and mission in life to that young teenager, who until then had spent his days playing merrily in his fields. And Bhagat, that 12-year old boy in 1919, evolved to be the martyr Bhagat Singh, our dear hero and inspiration. On the 23rd of March, Bhagat Singh Ji and his comrades, Sukhdev and Rajguru, were hanged to death by the British, and we are all aware of that. There was a sense of fulfillment on the faces of Bhagat Singh, Sukhdev and Rajguru for having served Mother India – – there was no fear of death. They had sublimated all their dreams for the freedom of Mother India. These three heroes inspire us to this day. It would be impossible to express in words the story of the supreme sacrifice of Bhagat Singh, Sukhdev and Rajguru. And the entire British Empire feared these three young men. They were in jail, certain to be hanged, but still the British remained anxious about how to deal with them. That is why, though the scheduled date was the 24th, they were hanged on the 23rd of March. This was done clandestinely, which is not the usual practice. And later, their remains were brought to present day Punjab, and were secretly cremated. Many years ago, when I first got the chance to go there, I could feel a certain vibration in that place. And I would certainly urge the youth of our country to go to Punjab, whenever they get the chance, and visit the 'samadhi' of Bhagat Singh, Sukhdev, Rajguru, Bhagat Singh's

mother and Batukeshwar Dutt.

That was the period when the desire for freedom, its intensity, and spread were on the rise. On the one hand, brave hearts like Bhagat Singh, Sukhdev and Rajguru, were inspiring the youth towards an armed revolution. And on the other hand, exactly one hundred years ago on the 10th of April, 1917, Mahatma Gandhi had launched the Champaran Satyagraha. This year marks the centenary of the Champaran Satyagraha. In India's struggle for freedom, Gandhian thought and Gandhian practice became manifest for the first time in Champaran. This was a turning point in the entire journey of India's freedom struggle, especially in the context of the methodology of the struggle. This was the period when, in the Champaran Satyagraha, Kheda Satyagraha, and the mill-workers' strike in Ahmedabad, the deep impact of Mahatma Gandhi's thoughts and practices was amply and clearly visible. Gandhi returned to India in 1915, and in 1917, he went to a small village in Bihar and gave the country a new inspiration. We cannot evaluate the Champaran Satyagraha on the basis of the image of Mahatma Gandhi that we cherish in our hearts today. Just imagine that one man, who came to India in 1915, and had been in the country for barely two years. The country didn't know of him, he bore no influence then; it was just the beginning. We can only imagine the hardships that he must have endured, how hard he must have had to toil. And it was the Champaran Satyagraha that brought to the fore, Mahatma Gandhi's organisational skills, and his strong ability to gauge the pulse of Indian society. Mahatma Gandhi, through his demeanour and deeds, could inspire the poorest of the poor, the most illiterate, to unite and come together out into the open for the struggle against the British Rule; this was a manifestation of an incredible inner strength, through which we can experience the vastness of Mahatma Gandhi's great persona. But if we reflect upon the Gandhi of a hundred years ago, the Gandhi of the Champaran Satyagraha,

that would be a subject of deep study for anyone about to enter public life. We can all learn from Gandhi Ji what it means to begin a life of public service, how hard one has to work, as Gandhi did. And that was the period when all the stalwarts, that we hear about today: Rajendra Babu, Acharya Kripalani Ji, and others were all sent to the villages by Gandhi Ji. Ways and means to connect with the people and lending hues of freedom to their day to day work were taught. And the British were simply unable to comprehend Gandhi Ji's unique style of working, which encompassed both struggle and creation together. In a way, Gandhi created two sides of the same coin; one being struggle and the other, creativity. To get themselves arrested voluntarily to fill jails, on the one hand, and on the other to immerse themselves in creative work. Gandhi's style of working had an incredible balance. What the word, 'Satyagraha' means, what disagreement can mean, what Non-Cooperation in the face of such a vast Empire could be –Gandhi Ji established a completely new vision of resistance, not through mere words, but through a successful experiment.

Today, as the nation observes the centenary of the Champaran Satyagraha, the immense power of the common man, so visible in the struggle for freedom, manifests again in the journey from Swaraj to Suraaj, the resolve, the perseverance of the 125 crore countrymen, following the tenet of 'Sarvyajan Hitaay, Sarvajan Sukhaay' i.e. for the benefit of all, for the happiness of all, and the ceaseless enterprise to achieve something for the country, the society, would bring about the realisation of the dreams of the great souls who laid down their lives for the sake of Freedom.

Today, as we live in the 21st century, which Indian wouldn't want to see India change, which Indian wouldn't want to be a partner in the transformation of the country! This desire of 125 crore countrymen for change, the effort to change, is what will lay a strong foundation of a 'New India'. 'New India' is neither a government programme, nor is it the

manifesto of a political party, nor is it a project. 'New India' is the clarion call of 125 crore countrymen. It is the essence of the emotions of the 125 crore Indians wanting to come together and create a magnificent India. 125 crore Indians nurture a hope, a zeal, a resolve, a desire.

My dear countrymen, if we, for a moment, pause to look with empathy at the happenings in society around us, and if we try to understand these, we would be amazed to see that there are lakhs of people, who besides their own personal responsibilities are working selflessly, for society – the exploited, victimised, deprived; for the poor and the oppressed. That too silently, and with devotion, as if they are performing 'tapasya' or 'sadhana'. There are many who regularly go to hospitals to serve patients. There are many who rush to donate blood, when required. There are many who try to provide food to the hungry. Our country is a many splendoured land. The belief that Service to humanity is service to God, is innate to us. If we look at it in its collectiveness, in an organised manner, it comes across as a major force. When there is a talk of 'New India', its criticism, its analysis, it counter views, are but natural, and that is a fundamental of democracy. But it is true that if 125 crore countrymen resolve, and decide to walk step by step on a path to realise that resolve, the dream of 'New India' can be fulfilled in our lifetime. And all these things are not necessarily achieved through the Budget, government projects, or government money. If every citizen resolves to obey traffic rules, if every citizen resolves that he will discharge his duties honestly, if every citizen resolves that he will not use petrol or diesel one day in a week – – these are not very big things. But these will contribute to the realisation of the dream of this country, this 'New India', that is being nurtured by 125 crore countrymen, and this realisation will be achieved before their eyes. In essence, every citizen must discharge his civic duties and responsibilities. This in itself

would be a good beginning to the New India.

As India gets ready to celebrate 75 years of Independence in 2022, come let us remember Bhagat Singh, Sukhdev, Rajguru. Let us remember the Champaran Satyagraha. Why don't we too, be a part of this journey from 'Swaraj to Suraaj' by making our lives disciplined, and filled with resolve. Come, I invite you.

My dear countrymen, today I want to express my gratitude to all of you. Over the last few months the country has witnessed a certain atmosphere in which people in large numbers have participated in the digital payment, 'Digidhan' movement. There has also been an increase in curiosity about cashless transactions. The poorest of the poor are making an attempt to learn, and people are gradually moving towards doing businesses without cash. There has been a surge in various modes of digital payment after demonetisation. The BHIM-App was launched just about two to two and a half months ago, but approximately one and half crore people have downloaded it.

My dear countrymen, we must take our fight against black money and corruption to the next level. Can 125 crore countrymen resolve to undertake 2500 crores digital transactions during this year? We have made an announcement in the Budget. Our 125 crore countrymen, if they wish to do so, they need not wait for a year; they can do it in six months. 2500 crore digital transactions – – – if we pay school fees, we shall do so not by cash but digitally, if we travel by train, travel by air, we shall pay digitally, if buy medicines, we shall pay digitally, if we run fair price shops, we will use the digital mode. We can do this in our day to day lives. You can't imagine how you can serve the country in this way and become a brave soldier in the fight against black money and corruption. Recently, several Digidhan-mela programmes were organised to educate the people and to

increase public awareness. The resolve was to organise 100 such programmes all over the country. About 80-85 programmes have already been conducted. There was also a reward scheme. Close to 12 and half lakh people have won prizes. Seventy thousand traders also won the prizes instituted for them. Each and every one of them also resolved to carry this mission forward. The birth anniversary of Dr. Baba Saheb Ambedkar is on the 14th of April. And as was decided much earlier, the Digimela will be brought to a culmination on the 14th of April, the birth anniversary of Baba Saheb Ambedkar. On the completion of a hundred days, a grand closing ceremony will be held. There is a provision of a bumper draw also in that. I believe that in whatever time that is left before Baba Saheb Ambedkar's birth anniversary, we should popularise and promote the BHIM-App. We should contribute towards ensuring reducing the use of cash, of currency notes.

My dear countrymen, I am glad that every time, I request people for suggestions in Mann Ki Baat, numerous suggestions pour in. But I have seen that there is always an emphasis on the topic of cleanliness.

Gayatri, a young girl from Dehradun, who is a student of class 11, has phoned in with a message: –

"Esteemed Principal, Prime Minister Sir, my respectful greetings to you. To begin with, heartiest congratulations on your victory in the elections, with a huge margin. I wish to share the issue close to my heart with you. I want to say that people will have to be made aware about the importance of cleanliness. Every day I pass by a river, in which people dump a lot of garbage and pollute rivers. The river flows under the Rispana Bridge before passing by my home. For the sake of this river we went to settlements on its banks, spoke to people and took out rallies too, but to no avail. I want to request you to kindly highlight this issue by sending

a team there, or through the newspapers. Thank you."

Brothers and sisters, look at the agony of this young daughter, the 11th class student. How enraged she is by seeing the river strewn with trash. I consider this to be a good omen. This is exactly what I want – – that 125 crore countrymen be angered by filth. Once there is anger, dissatisfaction, rage, we will be compelled to act against this scourge. The good thing is that Gayatri is expressing her own anger, and giving suggestions to me, but she also goes on to say, that she has made several efforts but could not succeed. There has been an awareness ever since the launch of the Cleanliness Movement. Each person has become associated with it in a positive manner. This has now truly taken the form of a movement. There has been an increase in the disgust towards squalor. When there is awareness and active participation in the movement, it has its own significance. But cleanliness is more about a habit than a movement. This movement is geared towards bringing about a change in the habit, a movement to inculcate the HABIT of cleanliness. This movement can be accomplished collectively. It is a difficult task, but we have to do it. I am sure that this resolve that has arisen in the younger generation, in children, in students, in the youth, augurs well for achieving good results. I would urge my fellow countrymen, who have heard Gayatri's message in my 'Mann Ki Baat' today, that it should be a message to all of us.

My dear Countrymen, right from the beginning since I have started the programme 'Mann Ki Baat', I have been receiving a lot of suggestions on one issue, and in most of those, people have expressed concern about food wastage. We know that at home and at feasts and social gatherings, we tend to serve ourselves more food than we need. We put each and everything on offer, on our plates, but we fail to finish what we have taken. We can't even finish half of what is on our plates and then leave it uneaten. Have you ever thought about

how much food we waste? Have you ever thought how many poor people can be fed if we don't thus waste our food? This is not something that needs to be taught. As it is, in our families, mothers always tell their children to take only as much food they can eat. There is always some effort made in this direction, but still the apathy on this issue is a crime against society. It is an injustice to the poor. On the other hand, if we are able to avoid wastage, the family too benefits economically. So while it is good to care about society, this is beneficial to the family as well. I am not urging too much on this issue, but I would like this awareness to spread. I do know some young persons, who are active in such campaigns. They have created Mobile Apps. And when people call them about there being leftover food anywhere, they collect it and put it to good use. They work hard, and these are our own young people. You will find such people somewhere in each and every state of India. The lives of these people can inspire us not to waste food. We should take only as much as we can eat.

See, these are the pathways leading towards change. And those who are health conscious always say that, there should always be some space left both in the stomach and on the plate. Now that we are talking about health, 7th April is World Health Day. United Nations has resolved to provide universal health coverage for all by 2030. This year on the occasion of World Health Day on the 7th of April, United Nations has focused on Depression, which is the theme this year. We are familiar with this word, depression. According to one estimate, more than 35 crore people in the world suffer from depression. The problem is that we are unable to fully comprehend it even amongst those around us, and perhaps we also hesitate to talk about it openly, with our family and friends. The person suffering from depression too doesn't speak out himself as he feels a sense of shame about it.

I want to tell my countrymen, that depression is not incurable. There is a need to create a psychologically

conducive environment to begin with. The first mantra is the expression of depression instead of its suppression. Share openly what you are going through, with your colleagues, friends, parents, brothers, and teachers. Sometimes one is overcome by a sense of loneliness – – – students living in hostels are particularly vulnerable to it. We are fortunate that we have been raised in joint families, large families, where there is communication, which eliminates the chances of getting into depression. But I would still like to tell parents that if you notice your son or daughter or any other member of your family – – – earlier the entire family used to dine together. But if someone in the family says, “No, I will eat later.” He doesn't come to the dining table. When the entire family is going on an outing, he just says, “No, I don't want to come today.” He professes a desire to be alone. Have you ever wondered why he does so? You can be sure that this the first step towards depression. If he prefers to stay away from a group, and tends to be all by himself, do make an effort to ensure that this does not happen. He should be given an opportunity to be amongst people with whom he speaks openly. Try to encourage him to express himself, to reveal and bring out his insecurities and complexes while engaging him in light-hearted happy conversation. This is a very good way of dealing with it. Depression can be the root cause of many mental and physical ailments. Just as diabetes can be the root cause of all sorts of diseases, depression too, destroys all our abilities to sustain, to fight, to display courage and to take a decision. Your friends, your family, your surroundings, and environment, all these can prevent you from going into depression and if you unfortunately has gone into it, they can also pull you out of it. There is another way. If you are unable to express yourself to your family and friends, then do one thing, go out in society with a sense of service. Devote yourself with all your heart into helping others and sharing their joys and sorrows. You will find that along with it your

own inner sufferings will go on disappearing. If you try to sympathise with the sufferings of others with a sense of service, a new self-confidence will be born within you. By connecting with others, serving them and serving them selflessly, you will easily be able to shed the weight oppressing your own heart and mind.

Yoga too is a good means for mental wellbeing. Yoga helps in relieving tension and stress, and leads one towards a happy state of mind. 21st June is the International Day of Yoga. This will be the third year of its observance. You all should start preparing for it right away. Collective Yoga festivals should be celebrated with the participation of millions. If you have any ideas for the Third International Yoga Day, please do send me your suggestions and guidance through my mobile Application. You could compose as many songs and poems on Yoga, as possible, as these can be easily understood by the masses.

Today I would like to say something especially to mothers and sisters also, since health and wellbeing have been a major part of our conversation today. Recently, the Government of India has taken a very important decision. The working-class women in our country – their numbers are increasing day by day, their participation is increasing and this is a welcome trend. But women also shoulder certain special responsibilities. They look after the family. They also have to share the financial responsibilities of running the household, and because of that sometimes, the newborn has to bear some injustice of neglect. The Government of India has taken a very important decision. These working women will now be given maternity leave of 26 weeks, instead of the earlier 12 weeks, for their pregnancy and delivery. There are now only two or three countries in the world that are ahead of us in this matter. India has taken a very important decision for these working women sisters of ours. The basic aim is to ensure proper care of the newborn, the future citizen of India,

from the time of birth. The newborn should get the complete love and attention of the mother. That is how these children will become true assets of the country when they grow up. Mothers too will remain healthy. And that is why, this is such a landmark decision, and this will benefit 18 lakh women working in the formal sector.

My dear countrymen, we will celebrate the auspicious day of Ram Navami on the 5th of April, Mahavir Jayanti is on the 9th of April, and on the 14th of April is the birth Anniversary of Baba Saheb Ambedkar. May the lives of all these great luminaries inspire us, and give us the strength to resolve ourselves to the cause of New India. My heartiest new year greetings for Chaitra Shukla Pratipada, Varsh Pratipada, and Nav Samvatsar, which are two days from now. After Vasant Ritu or the season of Spring, it is now the time for the ripening of the crops, and the time for the farmers to reap the benefits of their hard work. The new year is celebrated in different ways in different parts of our country. New year is Gudi Padva in Maharashtra, Ugadi in Andhra and Karnataka, for the Sindhi it is Cheti Chand, Navreh in Kashmir, Samvatsar Pooja in the Awadh Region, Jud-Sheetal in the Mithila region of Bihar and the festival of Satuvani in the Magadh region. India is a country blessed with rich diversity. My heartiest greetings and best wishes to you all on this New Year. Many thanks.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

My dearest countrymen namaskar. Before each episode of 'Mann Ki Baat, 'suggestions pour in Aakashvani, on NarendraModiApp, come through on MyGov, by the phone and come by the means of recorded messages from every corner of the country and people of every age group, And sometimes when I take the time to view them, for me it becomes an extremely pleasant experience.

One comes across such a wide spectrum of information, one finds that every corner of the country is filled with talented people. Like a selfless seeker, these countless people are consumed by desire to contribute something to the society, on the other hand there are mounds of problems that perhaps even the government does not notice! Maybe the system has also become accustomed in dealing with these problems, and so do have the people become accustomed to them. I have come across the inquisitiveness of children, the ambitions of the youth, and the gist of the experience of elders! Myriad kind of facts emerges. Every time the inputs that come in response to every episode of 'Mann Ki Baat', are analyzed in detail by the

government.

What are the kinds of suggestions, what are the kinds of complaints and what are the experiences of the people? It is an inherent human nature to advise others. While travelling in the train or the bus if someone coughs, the next person immediately advises a cure. To offer advice or suggest a solution, are part of our nature. In the beginning, when suggestions came in response to a certain episode of 'Mann Ki Baat' , one could discern words of advice, and you could read them too, so our team always felt that many people might have had this particular habit of proffering advice. But when we analyzed the suggestions minutely, I really became quite emotional.

Most of those who give suggestions or try to reach to me are those who are really doing something in their lives. They are making efforts and are engrossed as per their intellect, capacity, ability and circumstances so that something good must happen. And when these things came to my notice I felt that these suggestions are extraordinary. These are suggestions that have emerged out of a certain squeeze of life's experiences. Some people also give suggestions thinking that if an idea has the potential to work then more people would listen to it if it is heard on a wider platform and hence many people can benefit. And therefore it is their natural desire that it gets a mention in 'Mann Ki Baat'

According to me all of these things are extremely positive steps. First of all, I express my gratitude to the Karma yogis and those people who have offered some or the other service to the society and recommend maximum suggestions. And not only this, when I mention something positive, such memories come to recall, it is very much a pleasant experience. In the previous 'Mann Ki Baat', some people had suggested to me that food was being wasted; not only had I expressed my concern but mentioned it too. And upon my mention, there were mentions of many innovative ideas to

save food from being wasted that are being put into practice employed in many corners of the country on NarendraModiApp and also on MyGov.

I had never even imagined that in our country especially the young generation has been doing this kind of work from a long time. Some social institutions have been involved in this activity for many years was common knowledge, but the youth of my country are engaged in this task, I only came to know later. Many have sent me the videos of their work in this field. There are many places where 'Roti Banks' are operating. In the Roti Banks, the leftover rotis are deposited by people, they also deposit the leftover vegetables and the needy can obtain food from these banks. The person who donates rotis feels a sense of satisfaction also, the recipient also does not feel humiliated. These are examples of how work can be achieved with the help of society.

Today is the last day of month of April. 1st May is the foundation day of the states of Gujarat and Maharashtra. On this occasion, many felicitations to the citizens of these two states on my behalf. Both states have made constant strides to scale newer heights of development and have contributed toward the advancement of the country. And both the states had a steady stream of great men whose lives and sterling contributions in every sphere of society is a source of inspiration for us.. In remembrance of these great men, on the foundation day of these two states, we should take the pledge of taking our state, our country, our society, our city, and our family to glorious heights in 2022, when we celebrate 75 years of independence.

Plans should be drawn to achieve that pledge and taken forward with the cooperation of all citizens. I wish the very best to these two states.

There used to be a time when climate change was a subject confined to the domain of the academic world, it used

to be the topic for seminars, but today, we experience it in our everyday life and it also astounds us. Nature has also changed the rules of the game. The heat that we used to experience in months of May-June in our country is being felt in March-April this year. So, when I was taking suggestions for 'Mann Ki Baat', most of the suggestions offered related to what should be done to beat the heat during summer time. Most of the suggestions or practices to beat summer are not new but are prevalent for a long time, however it is very useful to remember them from time to time.

Shri Prashant Kumar Mishra, Shri T. S. Kartik and many such friends have expressed their concern about birds during the summer. They've mentioned that water should be kept in trays and utensils on the balcony and on the terrace. I have seen that small children of the family do this very enthusiastically. Once they understand why they should fill the pots with water they would go and inspect 10 times in a day to ensure there is water in the tray. And also watch if the birds came or not. We think as if it is a game going on , but in actuality, this is a novel way of instilling empathy in the child's mind. You can also experience for yourself that a little attachment to an animal or a bird makes you feel very happy.

Some time back, Shri Mr. Jagat Bhai from Gujarat, had sent his book, 'Save the Sparrows' in which he not only expressed concern about the continuously declining number of sparrows, but also what steps he has taken in a mission mode for the conservation of the sparrow which is very nicely described in that book. In our country, we are traditionally imbued with a sense of symbiotic co-existence with animals, birds and nature yet it is necessary that collective efforts in this regard should be emphasized.

When I was Chief Minister of Gujarat, Syedna Sahib the religious leader of Dawoodi Bohra Community had completed his hundred years. He lived till 103 years. As part

of the celebration of his 100th year the Bohra community society had launched a huge campaign to save the sparrow under the aegis of Burhani Foundation. I had the opportunity to inaugurate it. Nearly 52 thousand bird feeders were distributed in every nook and corner of the world. This effort also found a mention in the Guinness book of World Records.

Sometimes we are so busy, that we even forget to offer water to the newspaper boy, the milkman, the vegetable seller, the postman or anybody else who come to our house in peak summer days.

Young friends, I want to have a chat with you too. I am sometimes worried that much of our younger generation prefer leading life in their comfort zones. Parents also raise their children in a very protective manner. True there are other extremes also but most are brought up in this comfort zone syndrome . Now the examinations have ended and you must be done with your plans to enjoy the vacation.

Summer vacations feel good inspite of scorching heat. But as a friend, I want to suggest you certain tips about of how to utilize your vacation. I believe some people will put them to use and they will tell me about that too. Would you like to use this time of vacation gainfully, I offer three suggestions, it will be good if you follow all of the three but then try to do atleast one of the three. See that you gain a new experience. Try to take the opportunity of acquiring a new skill. Try to experience something that you have neither heard before , nor seen, nor thought of and yet there is a curiosity in your mind. You must try new places, new experiences and new skills.

There is huge difference between to sometime to see something on television or reading about it in the book or listening about it from acquaintances and to experiencing the same thing yourself. I will urge you to try to experience and satiate your curiosity on any subject during this vacation. Try

a new experiment. The experiment must be positive and a little out of your comfort zone. We all belong to the middle class and happy comfortable families. Friends have you ever thought of travelling in a Second Class railway Compartment without a reservation, and going for atleast a 24 hours ride?

What great experience it will be? How are the lives of your co- passengers, what do they do at the station when they alight from the train? What you cannot learn in a year, you will learn in that crowded train travelling without any reservation for 24 hours! You might not get to sleep and have to travel standing. Try it, just experience it once, I am not asking you to try it again and again, do it once. In the evening, take your football or your volleyball or any other sports item and go to a colony of poor and lesser privileged people. Play with those poor kids, you will experience a new kind of joy, the kind you would have never experienced in your life before-that's the kind of joy you'll experience!

Have you ever thought what changes would come in the lives of those kids who live in abject poverty when get the opportunity to play with you. And I believe that if you go there once, your heart will tell you to go back again and again. This experience will teach you a lot. Many volunteer organizations are engaged in this kind of work. You are connected to Google Guru, try searching on it and get associated with any such organization for 15 days or 20 days. Go, explore, go to the jungles. Sometimes there are summer camps, for development of different facets of your personality. You can participate in these camps.

But at the same time, don't you feel that after you've attended such summer camps, you have participated in the courses for development of personality and you reach out to those people who have no such opportunity and teach them what you have learned without taking any money. It is possible that you can teach them. I am also worried that

technology evolved to reduce the distance, technology came in to being to end the boundaries. But the end result of this is that six people in the same house are sitting in the same room but they are separated by unimaginable distances! Why? Everyone has become so busy with technology in his or her own way. Collectivity is also a way of life, collectivity is power in itself. Secondly I had mentioned about skill acquisition, don't you feel that you should learn something new!

Today is the era of competition. You get so submerged in the preparation for the examinations, get so consumed to obtain the best grades, there are coaching classes going on even in vacations and you're worrying about the next exam! Sometimes you feel scared that our youth have become robot like, living life like a machine.

Friends, dreams of making it big in life is a good thing, it is good to have some purpose in life, and you must achieve your goals. But also self-evaluate whether the human element within yourself is getting frustrated, are we not moving away from our human qualities.

Can't a little emphasis be given on this aspect in Skill development? Get away from technology, and try to spend some time with yourself. Learn a musical instrument or learn a few sentences of a new language, Tamil, Telugu, Assamese, Bengali, Malayalam, Gujarati, Marathi or Punjabi. This is a country full of diversity and if you look, then there can be someone who can teach us something new is just around the corner. If you don't know how to swim, then learn swimming, try doing some drawing, even if you do not end up making the best drawing, try to practice putting hand to the paper!

The empathy within you will begin to appear. Sometimes if our heart desires to learn the trade of so called 'small people' then let us learn it, why not? You want to learn to drive a car but then do you ever want to learn how to drive

an auto-rickshaw? You're able to ride a bicycle but have you ever tried to operate the three-wheeler cycle or rickshaw which transports people? You see, all these new experiments, these skills are such that they will bring you joy and will remove you from the limitations of life to which you're tied down!

Do something out of the box, my Friends. This is the only time to make something of your life. And if you think that after appearing in all exams, at a new threshold of your career you will learn some new skill, then you won't get a chance. At that time you will be tangled into other things and therefore I tell you if you have a passion to learn magic then learn the card tricks! Keep showing the tricks to your friends. Try to know about things about which you have no prior knowledge, it will definitely benefit you. Your inner human potential will awaken and this will provide a great opportunity for development. I can tell you from my experience of going around the world, that the amount we can learn by seeing the world is something we cannot even imagine. New places, new cities, new towns, new villages, new areas. But before leaving for a particular place, preparing for the journey and upon reaching your destination gathering information about it like a seeker of knowledge, understanding about the place and having discussions with the local people, if you make an effort in this manner then the pleasure of visiting the particular place would be something else!

Do try to do it; of course do not travel too much in one go. Go to a destination and spend three to four days there. Then go to the next and spend a like duration there. You will get to learn a lot that way. I wish you share your travel photographs with me, it will be nice. What new did you see ! Where did you travel to ! Make good use of the hash tag Incredible India and share your experiences.

Friends, this time around, the government of India has provided you with a great opportunity. The new generation is more or less freeing itself from the shackles of cash. It does not need cash. It has begun adopting digital currency. I know you do it, but have you ever wondered that you can earn using this very scheme? It is a scheme of the Government of India. You must be downloading the BHIM App and using it. But do refer it to others; make others join you in that.

If the new member does three transactions, performs financial business thrice, you stand to earn ten rupees for that. Ten rupees will be credited to your account from the government. If you involve twenty persons in a day, by evening, you would've earned two hundred rupees. The traders can earn, so can students. And this scheme is valid till the 14th of October. It will be your contribution towards making of a digital India. You'll become a sentinel of New India. The joy of a vacation coupled with income ! Refer and earn.

Generally speaking, in our country there exists an atmosphere of disdain towards the VIP culture. But that it runs so very deep, I just experienced, when the government recently decided that no person in India, whatsoever his status might be, will not move with a red beacon atop his vehicle. In a way it had become a symbol of the VIP culture. Experience tells us that whereas the red beacon used to be fixed atop the vehicle, atop the car, slowly & steadily it permeated into the psyche and got firmly entrenched in the mindset. The red beacon now has gone for good but nobody can say with certainty that the same in the mindset has also disappeared. I have received a very interesting phone call. Though the caller has expressed the same apprehension. One can discern from this phone call that common men detest these tendencies. They feel distanced.

“Namaskar Pradhan Mantri ji, I am Shivaa Choubey

calling from Jabalpur, Madhya Pradesh. I wish to say something on the government's ban on red beacons. I read a line in a newspaper, 'Every Indian is a VIP on the road'. It made me feel very proud. I am glad that today, even my time is equally important. I don't have to be caught in a traffic jam and I don't have to stop for anyone as well. I want to thank you from the core of my heart for this decision. And the Swachch Bharat Campaign that you have launched will not only clean our country, it will get rid of the VIP hegemony from our roads. Many thanks for that."

The exit of the red beacon through a government decision is part of a system. But we have to make efforts to cleanse it out of our minds. If we collectively strive to do it with eternal vigilance , it surely can be flushed out. Our concept of New India precisely is that in place of VIP, more priority should be accorded to EPI. And when I'm saying EPI in place of VIP, the essence of my sentiment is clear – every person is important. Every person has his or her own importance, every person possesses a sagacious aura, Mahaatmya, in a unique manner. Let us warmly accept the importance of a hundred & twenty five crore countrymen, let us respectfully embrace the Mahaatmya, the divine greatness of a hundred & twenty five crore Indians and we'll garner strength of immense magnitude. We have to do this together.

My dear countrymen, I maintain time & again that we should keep re – visiting the annals of our history, traditions and culture. That lends us energy and inspiration. This year, we the hundred & twenty five crore countrymen are celebrating the thousandth birth anniversary of Saint Ramanujacharya. For one reason or the other, we confine ourselves to celebrating and observing centenaries of events mostly. For other countries of the world, a century may be of immense significance. But India is such an ancient Nation that we are the proud inheritors of thousands and thousands of years of heritage, knowledge and civilized existence and have

an opportunity to observe and celebrate a memorial heritage of over thousand years. Just try and imagine it. Even today breaking the shackles Social orthodoxy is so difficult. How would society be a thousand years ago? What kind of a mindset would be prevalent then? Not many would know that Ramanujacharya relentlessly struggled against rampant social evils such as the class divide, the chasm between touchable and untouchables and the caste system. Through his own conduct, he embraced those who were ostracized by society. A thousand years ago, he launched an agitation allowing their entry into temples and succeeded in facilitating the same. We are indeed fortunate that in every era, for eradicating social evils, noble souls, great men were born in this society itself. Now that we are celebrating the 1000th birth anniversary of Ramanujacharya, we should gain inspiration from him in our endeavour to foster social unity, to bolster the adage 'unity is strength'.

In memory of Saint Ramanujacharya, the government of India is releasing a stamp tomorrow, the 1st of May. I respectfully salute Saint Ramanujacharya and pay tributes to him.

My dear countrymen, tomorrow, that is the 1st of May, carries one more significance. In many parts of the world, it is observed as 'Labour Day'. And when 'Labour Day' is referred to, labour is discussed, labourers are discussed, it is but natural for me to remember Babasaheb Ambedkar. You would be aware that for the facilities and respect that workers have earned, we are grateful to Babasaheb. One can never forget the contribution of Babasaheb towards the welfare of the working class. Today when I refer to Babasaheb, when I talk about Ramanujacharya, I'm also reminded of the great 12th century saint & social reformer from Karnataka Jagat Guru Basaveshwar. Yesterday I got the opportunity to be part of a function. It was the occasion of dedication to the nation of his collection of Vachana Amrit, the elixir of his spoken

words. In the 12th century, he had laid down his profound thoughts on labour & workers. He had mentioned in Kannada "Kaay Kave Kailas"… it means, it is just through your perseverance that you can obtain Kailash, the abode of Shiva. This means, it is only endeavour or Karma that leads you to attain Swarga, or heaven. In other words, labour, hard work is Shiva. I repeatedly mention 'Shrameva Jayate', and Dignity of Labour. I distinctly remember the words of Shriman Dattopant Thengdi, the founder of Bharatiya Mazdoor Sangh, the thinker, who deliberated a lot on the working class. He used to remark, on the one hand, inspired by Maoism, 'Workers of the world unite', on the other he would say, workers, come, unite the world. Today when I refer to workers, it is but natural to remember Dattopant Thengdi.

My dear countrymen, a few days from now, we shall celebrate Budha Purnima. Followers of Lord Budha across the world celebrate the festival. The world today is undergoing a plethora of problems such as violence, war, annihilation, the arms race et al. Amidst this atmosphere, the philosophy of Buddha comes across as extremely relevant. And in India, Ashok's life perfectly epitomizes the transformation from war to enlightenment. I feel fortunate that the occasion of the great festival of Budha Purnima is celebrated as Vesak day by the United Nations. This year it will take place in Sri Lanka. On this holy event I shall get an opportunity to pay tributes to Lord Budha in Sri Lanka. It will be an opportune moment to re-visit his ideals.

My dear countrymen, India has always advanced on the path of progress in the spirit of Sabka Saath, Sabka Vikas… inclusive development for all. And when we say Sabka Saath, Sabka Vikas, it is not limited to the confines of India. It applies to the global context too. And very specially to our neighbouring countries. May our neighbouring countries be with us in our journey, may they develop equally. There are many projects under way. On the 5th of May, India

will launch the South Asia Satellite. The capacities of this satellite and the facilities it provides will go a long way in addressing South Asia's economic and developmental priorities. Natural resources mapping, tele medicine, the field of education, deeper IT connectivity or fostering people to people contact – this satellite will prove to be a boon in the progress of the entire region. It is an important step by India to enhance co-operation with the entire South Asia… it is an invaluable gift. This is an appropriate example of our commitment towards South Asia. I welcome all the South Asian countries who have joined us on the South Asia Satellite in this momentous endeavour…. My best wishes to them.

My dear countrymen, the weather is too hot and inhospitable , take care of your loved ones and take care of yourselves.

Wish you all the best.

Thank you

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

28 May 2017

My dear countrymen, Namaskar. It will perhaps be difficult for us to forget the year's summer.. But, we are now awaiting the rains. As I am talking to you today , the holy month of Ramzan has already commenced . I convey my hearty greetings to all fellow Indians and everyone across the world, especially the Muslim brethren at the advent of this auspicious month of Ramazan. Prayer, spirituality and charity are accorded the highest priority during Ramzan. We, Indians, are very lucky that our ancestors have created such a tradition that today India and its 1.25 billion people can take pride in the fact that people from all communities and faith are available here.. This is a country where both theists and atheists ; idolaters and those loathing idol-worship co-exist. We have adapted ourselves to myriad kinds of ideologies, different ways of worshipping and all types of traditions and imbibed the art of co-existential living . In the ultimate , any religion, faith, ideology or tradition- give us the message of peace, unity and goodwill. This holy month of Ramzan will definitely be helpful in further strengthening these values of peace, unity and goodwill. I, once again convey my best wishes to all.

Last time around while sharing my thoughts in Mann ki Baat I had mentioned) a new word and had specially exhorted our youth to do something new, to come out of the comfort zone, experience new things; as this is the age when one can experiment and take risks and accept new challenges of life. I am glad that many people have given me feedback. All of them showed enthusiasm by personally speaking out their minds to me. I could not read them all nor could listen to all the messages because there were such a large number of messages.But whatever I could see from a cursory look that while some made efforts to learn music, some tried hands on a new musical instrument, some of them are trying to learn new things by using YouTube, some are trying to learn a new language. Some are learning cooking, some others are learning dance and drama ; Some have written that they have now started to write poems. They are making efforts to know about nature and are learning the art of living and trying to understand the world. I am extremely happy and want to share one of the phone-calls with you.

"I am Diksha Katiyal speaking. I had almost left the habit of reading. Therefore I decided to pick up the habit during vacations. When I started reading about the freedom struggle , it was then I realized that how much struggle was involved in getting India freed, how much sacrifices were given and how so many freedom fighters spent years in prison. I am particularly inspired by Bhagat Singh, who achieved so much at such a young age. Therefore I request you that you tell something to the younger generation today on this topic."

I am delighted that younger generation is taking interest in knowing about our history, about our freedom fighters and about those who made sacrifices for the country. Countless great men spent their youth in jails. Several youngsters went to the gallows . They suffered despicable miseries and that is how we can now breathe in a free India.

We see all those great men who spent their time in jails did a great job of writing and reading. Their writings provided a great strength and inspiration to our Freedom Movement.

Many years ago, I visited Andaman & Nicobar Islands. I went to see the Cellular Jail there. Today is the birth anniversary of Veer Savarkarji. Veer Savarkarji had written a book “Majhi Jannmathep” while in incarceration . He used to write poems on the walls of his prison cell. He was confined to a very small cell. These seekers freedom must have gone through immense torture. I was inspired to visit the Cellular Jail only after reading Savarkarji's book “Maazi Janmthep”.

A light and sound show is also shown there which is very inspiring. There was hardly any state in India youths from which were not exiled to the dark waters of Andamans and were forced to spend their youth in this Cellular Jail during the freedom movement. included people of every language, every state and every generation had faced tortures during this struggle

Today is the birth anniversary of Veer Savarkarjee. I would definitely want to tell our younger generation that to even perceive what kind of torture and trouble these freedom fighters had suffered to achieve freedom for us one must visit this Cellular Jail. Once we go there We come to know as to why this was called Kaalaa Paani or the dark waters If you get a chance, please pay a visit to this place which is actually a pilgrimage of our freedom struggle.

My dear countrymen, 5th of June is the first Monday of the month. Everything is otherwise normal. Yet, 5th of June is a special day as this is observed as “World Environment Day”. This year the United Nations have chosen the theme 'Connecting People to Nature'. In other words, we may say “back to basics”. And What's the meaning of connecting with nature?? In my view, it means getting connected with one's own self. Connecting with nature means nurturing a better

planet. And, who can explain this in a better way than Mahatma Gandhi? Mahatma Gandhi often used to say, “One must care about a world one will not see”. This means that it is our duty to be concerned about the world which we shall not see and to care for that. Nature possesses a special power. You might have also observed that whenever we feel tired and exhausted, splashing a glass of water on our face has a wonderful rejuvenating effect. If you return after a tiring day's work, just open the windows and doors of the room and take a deep breath of fresh air – this will fill you with fresh energy. Our body is made up of five basic elements and whenever we come in contact with these elements we get fresh energy. All of us have experienced this but we do not register this, we do not connect this in a single thread of sequence.

Now on, kindly make it a point to notice that whenever you come in contact with a natural condition , a new spirit emerges from within you. So, the global campaign of connecting with nature on 5th June should become our individual campaign as well. And we are reaping the benefits of the efforts made by our ancestors to save the environment. And if we shall protect the environment, our future generations will reap the benefits. Vedas, describe the Earth and the Environment as the basic sources of energy. And, Atharva Veda, written thousands of years ago, is the most authentic guiding scripture about nature and environment. In India, it has been said – “Earth is the mother and I am her son”. According to Vedas, the purity within us is because of the Earth. The Earth is our mother and we all are her children. If we recall Lord Buddha, a fact comes to light that his birth, his enlightenment and his Mahaparinirvana, all three happened under a tree. We have many festivals and religious rituals which are based on worshiping nature and affection towards nature is a part of our everyday life. This is true in case of all sections of society whether lettered or unlettered , rural or urban and even tribal communities. But we need to present

this in modern language and integrate with modern arguments.

These days , I keep receiving news from our states. Almost in every state, a big plantation campaign gets underway with the onset of monsoon. Millions of trees are planted. School children, social organizations and NGOs also get connected with the campaign. Even State Governments take an initiative. Let us also make our contribution in enhancing this campaign.

My dear countrymen, 21st June has become a well known day world over. The whole world observes this as World Yoga Day. In a very short time, 21st June has got worldwide recognition as World Yoga day and is connecting people. At a time when separatist forces are raising their ugly heads this has been India's great contribution to the world.. We have successfully connected the whole world through Yoga. Like Yoga connects body, mind, heart and soul: similarly it is connecting the world now. Because of life style, because of the mad race to achieve success and because of increasing responsibilities, leading a stress- free life has become very difficult. It is seen, this situation is coming up even at a comparatively younger age. At a time when People are gobbling up medicines indiscriminately and passing their days, Yoga plays a very vital role in helping people to lead a stress-free life. Yoga is a guarantee of wellness and fitness both. Yoga is not merely an exercise. How to mount on the journey of life with the inter-play of body, mind, thoughts and behavior can be better realized and understood through Yoga. Just two days back, I have written letters to all governments and all leaders of the world about the Yoga Day.

Last year, I made announcements of some Yoga competitions and some awards as well. We shall gradually advance in that direction. I have received one suggestion and I compliment the gentleman who has made this creative

suggestion. It is a very interesting suggestion. He has said since this is the Third International Yoga Day I should make an appeal that on this third international Yoga Day, three generations of the family should do yoga together. Grand parents, parents and children should together perform Yoga and also upload their photos. It will be such pleasant blend of Yesterday, today and tomorrow that it will lend a new dimension to Yoga. I express my gratitude for this suggestion and I feel that as our 'Selfie with Daughter' campaign had proved to be a very inspiring experience. So will this campaign of posting pictures of three generations together performing yoga will evoke curiosity across the nation as well as across the world. You should certainly send the pictures of three generations doing yoga together to me on Narendra ModiApp or on Mygov. This will be the picture of "yesterday, today and tomorrow" and will be a guarantee of a brighter tomorrow. I invite all of you. We are still left with about three weeks for the International Yoga Day. Start practicing from today itself.

From 1st June, I will post something or the other about Yoga on twitter and continue to do so till 21st June. I will share with you. You too kindly spread the message of Yoga and connect people with it. This, in a way, is a movement on preventive health care. I invite you all to get connected to it. Ever since you entrusted me with the responsibility of being the Pradhan Sewak- the Chief Servant of the people and when for the first time when I got a chance to address from the ramparts of Red Fort on 15th August, I had talked of cleanliness. From then onwards, I get a chance to stay in different parts of the country. And, I have seen that people closely follow as to what Modi does, where does Modi go, what all has Modi done. I received a very interesting phone call and I had also not visualized from this angle. But, I am thankful to him for having seen the campaign in this way. This phone call will also attract your attention.

“Pranam Modi ji, I'm Naina from Mumbai. Modi ji I watch whether on TV or Social Media, wherever you go, one can see people in that city pay special attention to cleanliness. Mumbai or Surat, your clarion call has led people to adopt cleanliness as a mission. Not only the elders but children also have become aware about cleanliness. Many a time we see them telling elders not to litter on the roads. The cleanliness drive that you had begun from the Ghats or Banks of the Ganges in Kashi has now taken the shape of a movement inspired by you.”

You are right, that wherever I go, the government machinery does the cleaning but nowadays cleanliness also turns into a social event. Five, seven or ten days before my visit a large number of cleanliness drives are held. Media also prominently highlights such programmes, A few days ago, I went to Kutch in Gujarat. A big cleanliness drive was conducted there. I also did not see a connect is in this. But, after receiving this phone call, I also started thinking that the point made there was pertinent. You can very well imagine how much pleasure I derive by knowing this fact and also by noticing that the country is also closely monitoring the programme. There cannot be any bigger pleasure for me than to know that my visit has been connected with the cleanliness campaign. Besides usual arrangements to welcome the Prime Minister, cleanliness will also be high on the agenda. This is very pleasing and inspiring for any cleanliness loving person. I congratulate everyone connected with this Cleanliness programme providing strength to it.

Someone gave me a suggestion. This is in a way a humorous suggestion. I do not know whether I would be able to do it or not. Modi ji, when someone asks for your visit , your stay, you should ask as to what would be the standard of cleanliness, if they wish to invite you. How many tonnes of waste would you present to me so that I may accordingly decide the duration of stay. The idea is very good but I will

have to think. But, one thing is right that this movement should be encouraged and it would definitely be better if cleaning tonnes of waste are cleaned and and given as presents in place of other gifts. How many people shall we be able to save from ill health. This will be a big service to humanity. One thing I would certainly like to say is that we should always consider these waste as resources and wealth. Do not see it as just garbage. Once we start looking at garbage and waste as a wealth, we shall also find newer, techniques of waste management. Young persons connected with Start-ups will also come forward with newer schemes and also come forward with new equipments.

The Central Government has along with State Governments and with the cooperation of municipal representatives of cities decided to launch a massive and important campaign of waste management. On the occasion of World Environment Day on 5th June, there are going to be litter bins made available to collect solid waste and liquid waste in 4000 towns of the country.

Two types of waste bins will be available, one would be of green colour and the other blue. There are two types of waste generated, is the liquid waste and the other is dry waste. If we follow discipline, then the waste bins that are going to be placed in these 4 thousand towns will collect dry garbage in blue waste bins and liquid garbage in green waste bins. The waste from our kitchens, be it vegetable peels, leftover food, egg shells or leaves are all part of liquid waste and are to be placed in green litter bins. This waste can be utilized in fields, and if you will remember that fields are green then you will remember what to place in the green litter bins. The second type of waste is like old newspapers, cardboard, iron, glass, cloth, plastic, leather, polythene, broken boxes, rubber, metals and other kind of waste are all dry waste or litter which can be recycled by machines but cannot be directly used and has to be placed in the blue waste bin. I've a firm belief that we

will develop a culture and the new steps that we take towards achieving cleanliness will continue, only then will we achieve the dream of Gandhiji, achieve the kind of cleanliness that he dreamt of, today. I must admit with pride that if a single individual decides it in his heart then a huge Public campaign can be launched . Cleanliness is also one such drive.

A few days ago, you must have heard that the Versova beach in Mumbai, which was infamous for its filth has now transformed into a a clean and beautiful beach. People toiled for about 80-90 weeks, unceasingly and turned Versova beach around by extracting thousand of tonnes of waste materials and today Versova beach is clean and beautiful. This campaign was owned by Versova Residence volunteer or VRV. A gentleman called Afroz Shah started this mission from October, 2015 whole heartedly with all his might, slowly people started joining his bandwagon and turned into a people's movement. For this outstanding work, United Nations Environment Programme or UNEP awarded 'Champion of the Earth' Award to Sh. Afroz Shah, and thus he has become the first Indian to achieve this distinction. I congratulate Sh. Afroz Shah, and felicitate this people's movement. The manner in which Sh. Afroz Shah gathered the people of the area into a people's collective and gave it the shape of a People's movement in itself an inspiring example.

Brothers and Sisters, it is with great happiness that I wish to tell you, that I am given to understand that under the aegis of 'Swachch Bharat Campaign', the Riyasi Block in Jammu and Kashmir has become completely free of open defecation. I wish to congratulate the people of Riyasi Block and also the public servants of Riyasi Block. Jammu & Kashmir has presented an excellent example. I congratulate one and all in the state. I have been told that this movement found maximum leadership amidst women. The women of that area took out torch rallies to spread awareness, went from house to house, street to street and inspired the people

towards this goal. I felicitate the mothers and sisters of Riyasi from the bottom of my heart. I also congratulate the administrators there for making an excellent beginning by turning one block in the state of Jammu and Kashmir open defecation free.

My dear countrymen, an audit and assessment of the performance of the present government in the last three years is happening all over on newspapers, social media or TV for the last 15 days.. Three years ago you vested the responsibility of 'Pradhan Sewak'- the Chief Servant of the People upon me. There have been many surveys and several opinion polls. I see this entire process as a very healthy sign. The works done during these years were tested on every touch stone . It was analyzed by every segment of society. And this is a great process in democracy. I firmly believe that governments must be accountable in democracy and the public at large must be provided with report card of works done. I wish to congratulate those who took out time for an in depth analysis of our work, there were some praises some support and sometimes shortcomings were also pointed out, I understand the importance of all these things. I thank those people, who provided critical and important feedback. The mistakes and the shortcomings once highlighted can be rectified. Whether something is good, little less effective or bad, whatever it is, one has to learn from it and move ahead in life putting the learning from it into practice.

Constructive criticism strengthens democracy; for an aware nation, an awakened nation, this churning is very important.

My dear countrymen, I too am an ordinary citizen like you and like any ordinary citizen I too am influenced by good or bad things. Some people take 'Mann Ki Baat' as a monologue and some criticize it from a political angle but after a long experience, I now feel, that when I had first started 'Mann Ki Baat,' I had not given thought to the fact that 'Mann

Ki Baat' would make me a member of every family in India. Now I feel as if I'm conversing with my family while sitting at home. And there are many families who have written to me these very feelings. And as I said, as an ordinary citizen, I too get affected emotionally. Two days ago there was a launch of an analytical book on 'Mann Ki Baat' at Rashtrapati Bhavan, it was attended by the Hon'ble President, Hon'ble Vice President , Madam Speaker of the Lok sabha and as an ordinary citizen and as an individual this was very inspirational event for me. I'm grateful to the Hon'ble President, Hon'ble Vice President and Madam Speaker that inspite of their such high stature they took out time and they accorded importance to 'Mann Ki Baat'. In fact it in itself has given a new dimension to 'Mann Ki Baat'. Some of our friends, while working on this book had discussed it with me also. And some time ago, I was pleasantly surprised when this book was in the news again because Akbar Sahab an artist living in Abu Dhabi, proposed that he wishes to sketch the topics on which various episodes of 'Mann Ki Baat' were based, and without taking a single rupee Akbar sahab transformed 'Mann Ki Baat' into art as a gesture of his love. I am grateful to Akbar Sahab.

My dear countrymen, when we shall meet next time by then monsoon rains would be lashing every corner of the country, the weather would have changed, examination results would have arrived, the journey of education will begin anew and the rains would bring a hope, pleasant fragrance, a new aroma ! Come let us move ahead while loving nature in such a pleasant atmosphere.

My many felicitations and best wishes to you. Thank you.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

My Dear Countrymen. Namaskar. The weather is changing. It has been extremely hot this year. But it is good that the monsoon is moving ahead on schedule on its natural course. The weather has become pleasant in several parts of the country with abundant showers. As a result of the rains, the cool breeze has brought about some respite from the oppressive heat of past few days. One has seen that no matter how hectic the life is, no matter how tense we are, whether its one's personal or public life, the arrival of the rains does lift one's spirits.

The Car festival of Lord Jagannath, the Rath Yatra, is being celebrated in several parts of the country with great piety and fervour. This festival is now also celebrated in some parts of the world. The underprivileged of the country are deeply connected to Lord Jagannath. Those who have studied the life and works of Dr. Baba Saheb Ambedkar, would have observed that he had wholeheartedly praised the Lord Jagannath temple and its traditions, since, social justice and social equality were inherent to these. Lord Jagannath is the God of the poor. But few would know that in English, there is a word, 'juggernaut' which means, a magnificent chariot, that

is unstoppable. In the dictionary, the etymology of the word 'juggernaut' traces its roots to the chariot of Lord Jagannath. And therefore, we can observe that the world has in its own way accepted the significance of the Car Festival of Lord Jagannath, The Rath Yatra. On the occasion of Lord Jagannath's Car Festival, I extend my heartiest greetings to all my fellow countrymen, and offer my obeisance to Lord Jagannath.

India's diversity is its unique characteristic, and India's diversity is also its strength. The holy month of Ramzan is observed all across, in prayer with piety. And now the festival of Eid is here. On the occasion of Eid-ul-Fitr, my heartiest greetings to one and all. Ramzan is a month of charity, and sharing joy. The more you share joy, the more it multiplies. Let us come together and take inspiration from these holy festivals and share their joyous treasures, and take the nation forward.

In this holy month of Ramzan, I came across a very inspiring incident at Mubarakpur village of Bijnor in Uttar Pradesh. About three and a half thousand families of our Muslim brethren reside in that little village and in a way, form a majority of its population. During this Ramzan the villagers decided to get together and construct toilets. Now, to construct these household toilets, the government gives financial assistance, under which, they were provided a sum of 17 lakh rupees. You will be pleasantly surprised and happy to know that, during this holy month of Ramzan, these Muslim brothers and sisters, returned this money to the government, saying, they would construct these toilets with their own labour and their own money; and that this sum of 17 lakh rupees be used for providing other facilities in the village. I felicitate the residents of Mubarakpur, for transforming the pious occasion of Ramzan into an opportunity for the welfare of society on. Each and everything about them is inspiring. And the most important of

it all is that they have freed Mubarakpur of the scourge of open defecation. We know that in our country there are three states that have already been declared Open Defecation Free states, that is, Sikkim, Himachal Pradesh and Kerala. Uttarakhand and Haryana have also been declared ODF, this week. I express my gratitude to the administration, government and especially the people of these five states, for achieving this objective.

We know very well, that tremendous hard work is required to achieve anything worthwhile, whether it is in one's own life or for the society. If we have bad handwriting, and we want to improve it, we have to consciously practice for a long time. Only then will the habit of the body and mind will change. Cleanliness is also similar to this. These bad habits have become a part of our nature. We have become accustomed to them. To free ourselves of these habits we will have to constantly strive and persevere. Everyone's attention will have to be drawn. We will have to repeatedly remind ourselves of good inspirational incidents. And I'm happy to see that cleanliness is no longer confined to being a government programme. It is getting transformed into a movement by the society and the people. And when government functionaries take this initiative forward with the participation of the masses, it becomes even stronger.

Recently I came across a wonderful incident, which I would like to share with you. This happened in the Vizianagaram District of Andhra Pradesh. The district administration there undertook a huge task with people's participation. From 6 a.m. on the 10th of March, till 10 am of the 14th of March. A hundred-hour non-stop campaign. And what was the objective? To construct 10,000 household toilets in 71 gram panchayats in those hundred hours. And my Dear Countrymen, you will be happy to learn that the administration and the people together did construct 10,000 toilets in hundred hours successfully. 71 villages became

ODF. I congratulate the people in the government, government officials and the citizens of Vizianagaram district on this great accomplishment of achieving this feat through immense hard work and setting a very inspiring example in the process.

These days, people have been regularly sending their suggestions for 'Mann Ki Baat', on the NarendraModiApp, on MyGov.in, through letters and Akashvani.

Shri Prakash Tripathi reminiscing about the Emergency, has written, presenting 25thof June as a Dark period in the history of Democracy. Prakash Tripathi ji's commitment to democracy is praiseworthy. Not only is Democracy a system, but also a 'sanskar'- a part of our ethos. Eternal Vigilance is the Price of Liberty. One needs to be constantly alert about our Democracy, that is why we must also keep remembering the events that inflicted harm upon our democracy; and at the same time move ahead, carrying forward the virtues of democracy. 1975 – 25th June – it was a dark night that no devotee of democracy can ever forget. No Indian can ever forget. The country had virtually become a prison. The voice of the opposition had been smothered. Several prominent leaders including Jai Prakash Narayan had been jailed. The judicial system too could not escape the sinister shadows of the Emergency. The press was completely muffled. The present-day students of journalism and the champions of democracy have been endeavouring towards raising awareness about that dark period, by constant reminders, and should continue to do so. Atal Bihari Vajpayee ji was also in jail at that time. After one year of Emergency, Atal ji wrote a poem, in which he describes the state of mind during those turbulent times.

The scorching summer month,
The sad winter moonlight,
The sobbing monsoon,

An emptiness pervading within
An entire year has gone by.

The world confined behind bars,
But the soul like a restless bird
The freedom song resonates
From the earth to the sky,
An entire year has gone by.

The eyes are in anticipation
Counting days and moments
The beloved who went away,
Shall return one day,
An entire year has gone by.

The believers of democracy fought a prolonged war, and the great nation that India is, where the spirit of democracy pervades the very being of all its people, the strength of that spirit was demonstrated when the opportunity of elections came. We have to further fortify that legacy.

My dear countrymen, every Indian today, is proud and holds his head high. 21st June 2017 – Yoga has permeated the entire world. From the seashores to the mountains, people welcomed the first rays of the sun, with Yoga. Which Indian wouldn't be proud of this! It isn't as if Yoga didn't exist before, but now the threads of Yoga have bound everyone together, and have become the means to unite the world. Almost all the countries in the world made Yoga Day their own. In China, Yoga was practiced on the Great Wall of China, and on the World Heritage site of Machu Picchu in Peru, at 2400 metres above sea level. In France, yoga was performed in the vicinity of the Eiffel Tower. In Abu Dhabi in UAE, more than 4000 persons participated in mass yoga. In Herat, in Afghanistan, on the India Afghan Friendship Dam, Salma Dam, Yoga added a new aspect to India's friendship. In a small country like Singapore, programs were organised in 70 places, with a week long campaign. On the occasion of International Day of

Yoga, the UN released ten stamps. A 'Yoga Session with Yoga Masters' was organised at the UN headquarters. The staff of the UN and diplomats from across the world participated.

Yoga has created a world record again this time also. In Ahmedabad in Gujarat, around 55 thousand people performed Yoga together and created a new world record. I too had the opportunity to participate in the Yoga event held in Lucknow. But I also had the good fortune to practice Yoga in the rain for the first time. Our soldiers practiced yoga in Siachen where temperatures reach minus 20, 25, 40 degrees. Whether it is our armed forces, or the BSF, ITBP, CRPF and CISF, each one of them, apart from their duties has made Yoga a part of their lives. On this Yoga Day, since this was the third International Day of Yoga, I had asked you to share photos of three generations of the family doing yoga together. Some TV channels also took this idea forward. I received a lot of photographs out of which, selected photographs are compiled and uploaded on the NarendraModiApp. One significant outcome of the way the yoga is being talked about all around the world is the portent that today's health conscious society is now taking steps from fitness to wellness, and they have realised that fitness is, of course, important, but for true wellness, yoga is the best way.

Sound bite.

“Respected Prime Minister Sir, I am Dr. Anil Sonara speaking from Ahmedabad, Gujarat. Sir, I have a question. Recently in Kerala, we heard you speak about replacing bouquets that we give as gifts, with good books as mementos. You had started this practice while you were in office in Gujarat, Sir, but in the recent days we have not been seeing much of this. So, can we do something about it? Is there nothing we can do to have this implemented throughout the country, Sir?”

Recently, I had the opportunity to go to one of my

favorite events. A very good programme is being run in Kerala for the past few years, by the P.N. Panicker Foundation, which encourages people to cultivate the habit of reading books and to enhance their awareness towards this, by organising celebrations such as 'Reading Day', and 'Reading Month'. I had the opportunity to go for the inaugural function, where I was told that instead of bouquets, they gift books. I liked it. Thus I was also reminded of what had slipped my mind. Because when I was in Gujarat, I had set this tradition of welcoming, by not giving bouquets, but books or handkerchiefs instead. And that too, a 'Khadi' handkerchief, so that it promotes 'Khadi'. Till the time I was in Gujarat, this habit had been ingrained in us, but after coming here, I had lost that habit. When I went to Kerala, it was rekindled. I have already begun to issue instructions in the government. Here too we can gradually nurture this habit. And the life span of a bouquet is very short. You receive it in your hand for a moment and then abandon it. But when you present a book, it becomes a part of the household, a part of the family. One can also use a 'Khadi' handkerchief to welcome people, and be a support to the innumerable underprivileged. The expenses are reduced as well, and the gift is well utilized too. I say this, thinking of the historical value of such gifts. During my past UK visit, in London, the Queen of Britain, Queen Elizabeth had invited me to dine with her. The atmosphere was imbued with maternal warmth, and I was served with great affection. Afterwards when she showed me a small thread-spun khadi handkerchief, her eyes lit up. With great respect and in an emotion filled voice, she said, that Mahatma Gandhi had sent this handkerchief to her as a wedding gift. So many years have passed and yet, Queen Elizabeth has treasured the handkerchief gifted by Mahatma Gandhi. And she was happy to show it to me, when I went there. As I gazed at it, the Queen encouraged me to touch it. A small gift by Mahatma Gandhi, has become a part of her life and a part of history. I know that

these habits do not change overnight, and when we talk about it, we invite criticism. Despite that, one should keep talking about it, and keep making the effort. Now, I cannot say that if I go somewhere and somebody brings a bouquet I will refuse it. No, I won't do that, but we will talk about it even though there is criticism, and then gradually, the change will happen.

My dear countrymen, as Prime Minister, there are numerous tasks to be handled. I have to remain deeply absorbed in files, but for my own self, I have developed a habit of reading daily, at least a few of the letters I receive and because of that I get a chance to connect with the common man. I get a variety of letters, written by all sorts of people. Recently, I had the opportunity to read a letter, which I feel, I should share with you. From the far south, in Madurai, Tamil Nadu, Arulmozhi Sarvanan, a housewife, sent me a letter. And what was in that letter? She wrote, that she thought about engaging in some economic activity keeping in mind her responsibilities such as children's education, to lend some financial assistance to her family. She got some money from the bank, under the 'Mudra' Scheme and commenced working towards procuring some items from the market for sale. Then she came to know of the 'Government E-Marketplace' system initiated by the government. She tried to find out the details, and asked people about it. And then she registered herself for the scheme. Here I want to tell my countrymen, that if you get the opportunity, you should also visit, the E-G-E-M, E-GEM website on the Internet. This is a great new system. Whoever wants to supply any item to the government, small things such as electric bulbs, dustbins, brooms, chairs and tables, they can register themselves. They can mention the quality of the goods, the rate at which they sell, and it is compulsory for the government departments to visit the site and see whether the supplier can supply the goods at reasonable prices without compromising on the quality. And then the orders can be placed. That is how the middlemen can be removed from the

system. The entire process becomes transparent. There is no interface. Everything is done through technology. So, when people register in E-GEM, all the government departments become aware of them. As there are no middlemen, the goods are available at very reasonable rates. Now whatever goods Arulmozhi Madam could supply, she got all those registered on this government website. And the best part is, what she has written in this letter is very interesting. She has written that she got the money from the 'Mudra' Scheme and started her business, then she registered the inventory of all her products on the E-GEM website, and then she got an order from the Prime Minister's Office. It was news to me also, I wondered what the PMO would have ordered. She wrote that the PMO had ordered two thermoses, and she was paid Rupees 1600/-. This is empowerment. This is an opportunity for encouraging entrepreneurship. Had Arulmozhi not written to me I wouldn't have realised that because of E-GEM, a housewife living far away and running a small business can have the items on her inventory purchased directly by the Prime Minister's Office. This is the nation's strength. This has transparency, this has empowerment, this has entrepreneurship too. Government E-Marketplace – GEM. I would certainly like that whoever wishes to sell their products or business items to the government, should increasingly get connected with this website. I believe that this is an excellent example of Minimum Government and Maximum Governance, and it's objective is Minimum Price and Maximum Ease, Efficiency and Transparency.

My dear countrymen, on the one hand, we take pride in Yoga, on the other we can also take pride in our achievements in space science. And this is the unique attribute of India, that whereas we have our feet firmly on the ground with Yoga, we have our dreams to soar beyond horizons to far away skies. Recently, India has had many achievements in sports, as well as science. Today, India's flag

is flying high not only on earth but also in space. Just two days ago, ISRO launched 30 Nano satellites with the 'Cartosat-2 Series Satellite.' And besides India, these satellites are of France, Germany, Italy, Japan, Britain and America, nearly 14 such countries. And with India's Nano Satellite Mission, we will get a lot of help in the field of agriculture, farming, and dealing with natural disasters. We are all aware that a few days ago, ISRO has successfully launched the GSAT-19. And of all the satellites launched by India, this was the heaviest satellite. The newspapers of our country have compared it with elephantine weights. You can well imagine the magnitude of the achievement of our scientists in space. On the 19th of June, our Mars Mission completed one thousand days. You may be aware that when we had successfully created a place for the Mars Mission in orbit, this entire mission was planned for a duration of 6 months. It had a life expectancy of 6 months. But I'm happy that the strength of the endeavours of our scientists has been such that not only has this crossed six months; even after a thousand days, our Mangalyaan Mission is at work, sending images, providing information, collating scientific data, way beyond its expected duration and life expectancy. The completion of one thousand days, is an important milestone in our scientific journey, our space odyssey.

These days we see that our youth are getting increasingly inclined to the field of sports. It is becoming evident that along with studies, our new generations can see a future in sports as well. And our sportspersons, through their prowess, skills and accomplishments win laurels for the country as well. Recently India's Badminton player, Kidambi Shrikant has brought glory to the nation by winning Indonesia Open. I extend my heartiest congratulations to him and his coach for this victory. I had the opportunity, a few days ago to be associated with the inaugural function of the Synthetic Track of the renowned athlete, P.T. Usha's Usha School of

Athletics. The more we promote sports, the more we see the spirit of sportsmanship. Sports play an important role in personality development also. There is a great significance of sports in overall personality development. There is no dearth of talent in our country. If the children in our family are interested in sports, they should be given opportunities. They should not be forced off the playing fields to be locked in rooms with books. They should study as well, if they can do well in studies, they should certainly do so, but if they have the potential and the inclination to do well in sports, that should be encouraged and supported by the school, college, family and all the people around them. Each one should nurture dreams for the next Olympics.

My dear countrymen, let me mention once again, that this Season of Rains, with its abundance of festivals and festivities, brings with it a unique new feeling of the times. I extend my heartiest greetings to you all, until the next episode of 'Mann Ki Baat', when I shall share my thoughts with you once again. Namaskar.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

30 July 2017

My dear countrymen, Namaskar. We human beings have a natural inclination to be enchanted by the delights of the rainy season. Animals, birds, flora – nature in its entirety, is filled with the joys of the season. But sometimes, when the rain unleashes full force of its fury, we come to realise the extent of the destructive might of water. Mother Nature gives us life and nurtures us, but at times natural catastrophes such as floods and earthquakes wreak havoc on a massive scale. Climate change, altered weather cycles, and transformations in the environment, are also having a big negative impact.

Recently, in certain parts of India, particularly, Assam, North-East, Gujarat, Rajasthan and some areas of Bengal, have had to bear the brunt of natural disasters, caused by excessive rains. Flood affected areas are being closely monitored. Relief efforts have been undertaken on an extensive cale. Wherever possible, my colleagues in the Council of Ministers are also personally visiting affected areas. The state governments too are making maximum

possible efforts on their part to provide relief to the flood affected people. Social organisations, cultural organizations and common citizens charged with the spirit of service are also making their utmost efforts to help the affected people in this situation. The Government of India, Army personnel, Air Force personnel, NDRF personnel, Paramilitary forces – everybody does his or her best in providing succour to the disaster stricken people.

Life goes completely topsy-turvy as a result of the floods. Crops, livestock, infrastructure, roads, electricity, communication links – everything gets affected. In particular, our Farmer brethren have to bear a lot of losses because of the damage to their crops and fields. Therefore, we have formulated a scheme for the insurance companies, especially crop insurance companies, to make them more proactive, to ensure quick settlements of claims for farmers.

A 24×7 control room helpline number 1078 is functioning continuously to deal with the flood situation. People are also voicing their difficulties. Before the monsoons, the entire government machinery was brought into a state of preparedness through mock drills undertaken at most of the places. NDRF teams were deployed. Aapada Mitra, or Friends during Disaster were identified at various places and these were then trained in the Do's and Don'ts; volunteers were enlisted, and a people's organisation set up to work in this situation. Weather forecasts are available these days and the concerned technology has become so advanced these days, and space science also plays a very big role, that these weather forecasts turn out to be mostly accurate now. We should also gradually make it our nature to set our work patterns according to the weather predictions, which could safeguard us against losses.

Whenever I prepare myself for 'Mann Ki Baat', I find that the citizens of our country prepare themselves even more. This time around, there have been innumerable letters and phone calls in regard to GST. People are still expressing their happiness about GST, and are also eager to know more about it. I would like you to hear one such phone call: –

"Namaskar, Pradhan Mantri ji, this is Neetu Garg from Gurgaon. I heard your speech on the Chartered Accountants Day and was deeply impressed. In the same manner, Goods and Services Tax, GST, was launched on this very day last month. Could you please elaborate whether its results after one month are matching the expectations of the Government? I would like to hear your views on this. Thank you."

It has been one month since GST was implemented and its benefits can be seen already. I feel very happy and satisfied when a poor person writes to say how because of GST prices of various items essential for him have come down, and commodities have become cheaper. When a person from the North-East, someone living in the remote areas, in the hills or forests, writes a letter to communicate that in the beginning, he used to be apprehensive about GST wondering what it was all about, but now that he has begun to understand it, he feels that things have become much easier than before. Doing business has become so much easier. And most important of all, the trust of customers for the traders is increasing.

I have been observing how GST has impacted the transport and logistics sector; how the movement of trucks has increased. The time required to cover distances has come down drastically. Highways have become clutter-free. Pollution levels have come down with the increased speeds of

the trucks. Goods are also being transported much faster. This indeed is a convenience, but at the same time it is also bolstering the economic progress. Earlier, because of the multiple tax structures, maximum resources of the transport and logistics sector were expended in maintaining paperwork and that also led to the need for construction of new warehouses in each state.

I call GST, Good and Simple Tax. Indeed, it has produced a big positive effect on our economy in a very short time span. The speed at which the smooth transition has taken place, along with rapid migration and new registrations, has instilled a new sense of confidence in the entire country. And some day, the Pundits of Economics, Pundits of Management and Pundits of Technology, will certainly undertake researches and write about India's GST experiment as a model for the world. It will become a case study for universities across the world. The implementation and furtherance of such a phenomenal change on such a monumental scale, with the involvement of so many tens of millions of people in such a vast country, is in itself a pinnacle of success. The world will definitely make a study of it. And this implementation has had all the states participating in it and sharing the responsibility. All decisions have been taken unanimously by the states and the Centre together. And as a result, one overriding priority for every government has been to ensure that there is no burden on the plate of the poor on account of GST.

And using the GST App all information is available on your mobile phone as to how much the price of an item was earlier and how much will it be now in the new situation. The lofty dream of One Nation – One Tax has finally been fulfilled. In the matter of GST I have seen how everyone, right

from the Government functionaries at the Tehsil level to the officers in the top echelons of Government of India have toiled tirelessly with great dedication. The manner in which the friendly environment was created between the Government and traders, between the government and consumers, played a very significant role in enhancing mutual trust.

I extend my heartiest felicitations to each and every ministry, every department and all employees of the Central and State governments involved with this process. GST is a fine example of the collective strength of the people of India. This is a historic achievement. And this is not just a tax reform; it is a new economic order that will strengthen a new culture of honesty. In a way, it is also a campaign for social reformation. I would like to once again express my deep gratitude to the millions of my countrymen who have contributed to the successful achievement of this great feat with such felicity.

My dear countrymen, the month of August is the month of Revolution. We have been hearing this as a natural fact right from our childhood and the reason is, the Non-Cooperation Movement was launched on the 1st of August 1920; the Quit India Movement, which is also known as 'Agast Kranti' began on the 9th of August 1942; and on 15thAugust 1947 India became independent. In a way, there are many events in the month of August that are closely associated with the history of our freedom movement. This year, we are going to observe the 75th Anniversary of the Quit India Movement. But very few people know the fact that the slogan, 'Quit India' was coined by Dr. Yusuf Meher Ali. Our young generation must know what had happened on the 9th of August 1942.

From 1857 to 1942, the people of India, with their ardent desire for freedom, came together, fought together, and suffered hardships; these pages of history are an inspiration to us for building a glorious India. The heroes of our freedom struggle with their single-minded devotion did a 'Tapasya', endured hardships, made great sacrifices and even laid down their lives; what greater inspiration could there be! The 'Quit India Movement' was an important milestone in the Indian Freedom Movement. It was this movement that had made the entire nation determined to attain freedom from the British Rule. This was the time when the people of India, in every part of the country – be it a village or city, the educated or illiterate, the rich or poor, everyone came together shoulder to shoulder and became a part of the 'Quit India Movement.' People's anger was at its peak. Millions of Indians responded to Mahatma Gandhi's clarion call and the mantra of 'Do or Die'; they flung themselves into the struggle. Millions of the youth of the country renounced their studies, gave up their books. They set out on the march to the sound of the bugle for freedom. Mahatma Gandhi gave a call for the 'Quit India Movement' on 9th August, but each and every prominent leader had been imprisoned by the British Government, and it was during this time that the second generation of leadership comprising great men like Dr. Lohia, Jaiprakash Narain played a leading and pivotal role.

In the 'Non-Cooperation Movement' of 1920 and the 'Quit India Movement' of 1942, two different personas of Mahatma Gandhi can be seen. The whole scenario of the 'Quit India Movement' was different and in 1942 things rose to such a point, there was such a heightened sense of intensity, that a Mahapurush like Mahatma Gandhi gave the mantra of “Do or Die.” The reason for this entire success was the people's

support, people's resolve, and people's struggle. The entire country had come together as one to fight for the cause. And I sometimes think that if we link the pages of history, it is seen that the First War of Independence took place in 1857. The freedom struggle which began in 1857, continued to be manifested in one or the other corner of the country till 1942. This long time period ignited the intense longing for freedom in the hearts of the people. Each one became committed to do something. The determination did not diminish with each passing generation. New people kept coming forward each time in place of those who departed and the country kept on every moment endeavouring tirelessly to uproot the British Rule. This perseverance, this struggle from 1857 to 1942 created a situation which reached its climax in 1942; the clarion call of 'Quit India' was such that within five years, in 1947 the British were compelled to leave India. 1857 to 1942 – the yearning for freedom had reached the grassroots, had reached everybody. And 1942 to 1947 – these decisive five years became integral for the masses to successfully attain through resolve, freedom for the country. These five years were indeed decisive.

I would now like to connect you with its mathematical manifestation. We became free in 1947. This is 2017. It has been almost 70 years. Governments have come and gone. Systems have been made, changed, nurtured, and expanded. Everyone has tried to rid the country of its problems in one's own way. There have been efforts towards increasing employment, poverty alleviation, and development. These efforts were also driven with hard work in their different ways. There have been successes. Expectations have also risen. The way, the years from 1942 to 1947 were the decisive years for attainment through resolve. I can see that 2017 to

2022 presents itself as a new time segment of five years for attainment through resolve. We should celebrate 15th August 2017 as the Sankalp Parva or the Day of Resolve, and in 2022 marking 75 years of Freedom, we will certainly transform that resolve into 'Siddhi' or attainment.

If 1.25 billion Indians, commemorate Agast Kranti Day of 9th August, and each person resolves on 15th August, that he or she will do for the country, this much as an individual, as a citizen, this much as a family, this much as a society, this much as a village, this much as a city, this much as a government department, and this much as the government; let there be millions and millions of resolves; let there be strivings for the realisation of these millions and millions of resolves.

Just as the five years from 1942 to 1947 were decisive for the country's Independence, these five years from 2017 to 2022 can and must play a decisive role for the future of India. Five years from now, we will celebrate 75 years of India's Independence. Therefore, we must take a firm resolve today. We must make 2017 our Year of Resolve. In this month of August, we have to come together and resolve: Filth – Quit India; Poverty – Quit India; Corruption – Quit India; Terrorism – Quit India; Casteism – Quit India; Communalism – Quit India!

The need for today is not 'Do or Die', instead it is to resolve, to come together, persevere, and work relentlessly with our utmost strength towards the making of a new India. Let us live by and strive for this resolve. Come let's launch a mega campaign Sankalp se Siddhi – Attainment through Resolve, from the 9th of this August. Every Indian, social organisations, Local Self-Government Institutions, schools, colleges, various organizations – all should take one resolve

or the other for a New India. A resolve that we will positively fulfil in the next five years. Youth organisations, student organisations, NGOs, etc. can organise group discussions, to bring forth new ideas. Where do we want to reach as a nation? What can be my contribution for this as an individual? Let us come together and make this a Festival of Resolve.

I would particularly like to call upon the online world, since wherever we may be, we are almost always online; so I would like to invite the online community and specially my young friends to come forward and contribute innovatively for building of the New India. They can use technology – videos, posts, blogs, scripts, novel ideas – to put forward all these. Transform this campaign into a peoples' movement. A Quit India Quiz is also being launched for my young friends on NarendraModiApp. This quiz is an attempt to familiarise the youth with India's glorious history and the heroes of the freedom movement. It is my belief that you will surely publicise and spread awareness about this quiz.

My dear countrymen, on August 15, as the nation's 'Pradhan Sewak', I get an opportunity to communicate with the country from the ramparts of the Red Fort. I am merely an instrument. It is not one single person who makes that address, but it is the collective voice of 1.25 billion of my countrymen that resounds from the Red Fort. I try to give words to their dreams, and I am glad that for the past 3 years, I get suggestions from every corner of the country for August 15, as to what I should speak on the 15th August and which issues should I include in my address on the occasion. This time too, I invite you to share your thoughts either on MyGov or on NarendraModiApp. I read these myself and shall try to express them in whatever time I have with me on 15th August. For the previous three 15th August speeches, one consistent

complaint has been that my speeches tend to be a little lengthy. I have planned to keep my speech short this time – not more than 40-45-50 minutes. I have tried to draw these rules for myself, but I don't know whether I'll be able to stick to them. But I do intend to try this time to shorten my speech. Let's see whether I succeed or not.

My countrymen, I would like to say one more thing to you. India's economy has in itself an element of social economics. And we should never underestimate its value. Our festivals, our celebrations are not merely occasions of joy and merriment. Our festivals are in themselves campaigns of social reform too. And each of our festivals are directly linked with the financial conditions of the poorest of the poor. Rakshabandhan, Janmashtami, Ganesh Utsav, Chauth Chandra, Anant Chaturdashi, Durga Pooja, Diwali – these will be observed one after the other. And this is also the time when the poor get an opportunity to earn an income and of course this adds a spontaneous joy to the festivities.

Festivals lend a sweetness to our relationships, bring a warmth of togetherness in the family and foster brotherhood in society. They connect the individual with society. It is a natural journey from the self to the collective. And the 'I' gets an opportunity to transform into a 'We'. As far as the economy is concerned, hundreds of families start making Rakhis in small household units, many months before the festival of Rakhi. A variety of Rakhis are made in a whole range of materials, from 'khadi' to silken threads. People prefer homemade Rakhis these days. Rakhi makers and their sellers, sweets shops vendors – the professions of hundreds, thousands flourish on the occasion of a festival. The households of our poor brethren and their families are dependent in a way on these activities. When we light a 'diya',

an earthen lamp on Deepawali, it is not merely a festival of lights, a festival that illuminates the entire house; it is directly connected with those poor families who make small 'diyas' or earthen lamps. Today as I speak about festivals and how they are linked to the economy of the poor, I want to touch upon the subject of environment as well.

I have observed and sometimes think that the citizens of our country are more aware and active than me. For the last one month, environmentally conscious citizens have constantly written letters to me. And they have requested that I talk about eco-friendly Ganesha idols, well in time for people to plan for clay Ganesha idols during the festival of Ganesh Chaturthi. Firstly, I am most grateful to such conscientious citizens. They have urged me to speak on this subject well before the festival of Ganesh Chaturthi. This time around, there is a special significance to the observance of community Ganesh festival as a public celebration.

Lokmanya Tilak ji started this great tradition, and this year marks the 125th anniversary of community Ganesh festival. 125 years and 1.25 billion countrymen! Lokmanya Tilak ji started the Sarvjanik Ganeshotsav with the basic aim to inculcate the spirit of unity, enhance awareness in society, and promote the culture of togetherness. So this year we should again, during the Ganesh festival, organise essay competitions, have open discussions and remember the contributions of Lokmanya Tilak. And we must think anew ways to steer Community Ganesh Festivals in consonance with the sentiments of Tilak ji. How we must lend strength to that spirit and at the same time resolve to use eco-friendly clay Ganesha idols, to protect the environment. And this time I have spoken about it well in time. I am sure that all of you will join me. This will surely benefit our poor artisans, and artists,

and provide employment to those who make idols. The poor will be able to earn a living and feed themselves. Come, let us link our festivities with the economic welfare of the poor, let the joys of our festivals connect with the households of the underprivileged, bringing monetary happiness to the have-nots. This should be the endeavor of all of us. I extend my best wishes to all my countrymen for the various upcoming festivals and celebrations.

My dear countrymen, we are continually seeing that our daughters are bringing laurels to the country in all the fields – be it education, economic activities, social spheres or in sports – they are scaling new heights. We as a nation take great pride in our daughters. Recently our daughters performed brilliantly in the Women's Cricket World Cup. This week I had the opportunity to meet our daughters, the members of our Women's Cricket team. I felt happy talking to them, but I had a feeling that they felt burdened by the fact that they could not win the World Cup. This stress, this tension was evident on their faces also. So while speaking to these daughters, I put forth a different viewpoint before them. I said, “Look, this is the age of the media. So expectations get hyped up to such an extent that if corresponding success is not achieved, these turn into despair and even resentment. We have seen during many such events where if the Indian players fail, the anger of the country is vented towards the players. Some people cross all limits of decency and say and write things that inflict pain and hurt. But it happened for the first time that when our daughters did not succeed in winning the World Cup, the hundred and twenty-five million people took this defeat on their own shoulders, never letting the burden weigh down these daughters of ours. Not only this, they lauded them and showered them with high praise for

their brilliant performance. I view this as a healthy and pleasant change and I told these daughters that only they were blessed with such good fortune, and hence they should banish any thought of not having been successful. You may not have won the final match but you have won the hearts of 1.25 billion Indians. Truly our young generation, especially the daughters of our country are doing so much to bring glory to the nation. I once again extend my heartiest congratulations and best wishes to the young generation of our country, especially our daughters.

My dear countrymen, I remind you once again of 'Agast Kranti', of 9th August, I remind you once again of 15th August. And I am reminding you once again of 2022, 75 years of India's Independence. Every countryman should make a resolve, every countryman should prepare a 5-year roadmap to realise that resolve. All of us have to take our nation to newer heights. We must strive tirelessly to do so. Come, let's march together as we do our bit. The destiny, the future of the country shall be brighter, let us move ahead with this belief. Lots and lots of good wishes to you all.

Thank you!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

27 August 2017

My dear countrymen, Saadar Namaskar. When on the one hand, a sense of festivity pervades the land, and on the other, news of violence comes in, from one part of the country, it is only natural of be concerned. Ours is the country of Buddha and Gandhi, it is the land of Sardar Patel who gave up his all for the unity of the nation. For centuries, our forefathers have imbibed community values, nonviolence, mutual respect – these are inherent to us. We have been hearing and saying Ahimsa Parmo Dharmah from our childhood. In my address from the ramparts of the Red Fort, I had said that violence in the name of faith will not be tolerated, whether it is communal belief systems, whether it is subscribing to political ideologies, whether it is allegiance to a person or customs and traditions. No one has the right to take the law into one's own hands in the name of one's beliefs. In the Constitution given to us by Dr. Baba Saheb Ambedkar there is every provision for ensuring justice for each and every person. I want to assure my countrymen that people who take the law into their own handsand are on the path of violent suppression – whether it is a person or a group

–neither this country nor any government will tolerate it. Each and every person will have to abide by the law; the law will fix accountability and the guilty will unquestionably be punished.

My dear countrymen, our country is a land of diversities – these diversities are not limited to our cuisine, life style and attire. We observe diversity in every walk of life. Even our festivals are replete with diversity. Ours is arich cultural heritage, spanning thousands of years – when we look at our cultural traditions, social customs, historical events, there would hardly be a day left in the year which is not connected with a festival. You would have noticed, that all our festivals follow the almanac of nature. There is a direct connect with nature. Many of our festivals are linked straightaway with farmers and fishermen.

Speaking about festivals today, I would first like to wish you all michhamidukkadam. The Jain community celebrated the Samvatsari Parva yesterday. In the month of Bhadra, ParyushanParva is celebrated by the Jain Community. The last day of ParyushanParva is observed as Samvatsari. This is indeed a remarkable tradition. The festival of Samvatsari is symbolic of forgiveness, non-violence and brotherhood. It is also known as the KshamavaniParva, and on this day, people traditionally greet each other with, 'michhamidukkadam.' We have been hearing in our shaastras, our holy texts, “KshamaVeerasya Bhushanam”, that is, forgiveness is the adornment of the brave. The one who forgives is valiant. And Mahatma Gandhi always said, that forgiveness is the quality of great men.

Shakespeare in his play, “The Merchant of Venice”, while explaining the importance of forgiveness, has written, “Mercy is twice blest, It blesseth him that gives and him that

takes," meaning, the forgiver and the forgiven both stand to receive divine blessing.

My dear countrymen, Ganesh Chaturthi is being celebrated with great fervor all across the country. When we speak of Ganesh Chaturthi, it is but natural to talk about Sarvajanik Ganeshotsav, that is, community celebrations of the Ganesh Festival. This tradition was established by Bal Gangadhar Tilak 125 years ago, and it was 125 years ago that Sarvajanik Ganeshotsav became a symbol of India's struggle for freedom. And after Independence, this festival has become a vehicle of raising social and educational awareness. Ganesh Chaturthi is a ten-day festival. This Mahaparva, mega-festival stands for unity, equality, integrity and honesty. My heartiest greetings to all of you on the occasion of Ganeshotsav.

The festival of Onam is being celebrated in Kerela. Of the numerous colourful festivals of India, Onam is a prime festival of Kerela. This festival is known for its social and cultural significance. This festival showcases the rich cultural heritage of Kerala. It gives the message of love and harmony – awakens new hopes and aspirations, and gives new confidence to the people. Our festivals are now becoming great attractions for tourism. And I would like to mention to my countrymen, that festivals like Navaratri in Gujarat, or Durga Utsav in Bengal are tremendous tourist attractions. Other festivals of our country too, provide an opportunity to attract foreign visitors. We should think about what more can be done in this direction.

In this series of festivals, Eid-ul-Zuha will be celebrated in a few days from now. Heartiest felicitations and best wishes to all countrymen on the occasion of Eid-ul-Zuha. Festivals are of course symbols of faith and belief; in the New

India, we should transform them into symbols of cleanliness as well. In individual households, festivals and cleanliness are linked together. In fact, preparations for festivals always begin with cleaning. This is nothing new for us, but it is important to convert it into a social character. Public cleanliness must be insisted upon not just in our homes but in our villages, towns, cities, states and in our entire country – Cleanliness has to be inextricably linked to our festivals.

My dear countrymen, definitions of being modern are perpetually changing. These days, a new measure to gauge a new dimension, a new parameter, has come in to being. It determines what your upbringing has been, how modern you are, how modern your thinking is. And that measure is your level of environment consciousness. Are your activities ecofriendly, environment friendly or otherwise? It is considered to be unacceptable in society today, of you are not environment friendly. And as a result of this I find that, the ecofriendly Ganpati, in this Ganesh Festival has turned into a huge campaign.If you go on YouTube, you will see that children in every home are making earthen Ganesh idols and are colouring them. Some are using vegetable colours, while some are pasting bits and pieces `of paper. All sorts of experiments are being carried out in every family. This is probably the first of its kind, the most widespread experiment in environment consciousness. Media houses too, are making a great effort in training people, inspiring them and guiding them towards ecofriendly Ganesh idols. What a massive transformation this has been; a pleasant one at that. And as I mentioned, our country is blessed with millions and millions of the brightest of brains. And it is nice to see all sorts of new innovations. Someone told me about a gentleman who is an engineer and who has collected and combined special varieties of clay, to give training in making Ganesh idols. The

Ganesh Visarjan or immersion is done in a small bucket of water, where the idol dissolves within no time. And he didn't stop there. A tulsi, Holy Basil, sapling was sowed in it. The campaign for Cleanliness which was initiated three years ago will be marking its third anniversary on the 2nd of October. And the positive results are now being seen. Toilets have increased from 39% to almost 67% of the population? More than two lakh thirty thousand villages have declared themselves open defecation free.

Gujarat saw devastating floods recently. Many people lost their lives. When the waters receded, there was so much filth everywhere. That is when, in Dhanera in the Banaskantha District of Gujarat, volunteers of Jamiat-Ulema-e-Hind cleaned twenty-two affected temples and two mosques in a phased manner. They came together and toiled collectively. The volunteers of Jamiat-Ulema-e-Hindset a fine, inspiring example of unity for cleanliness. If this committed effort towards cleanliness become inherent to us, our country will certainly take our nation to greater heights.

My dear countrymen, I call upon you to begin a campaign, Swachchata Hi Sewa, Cleanliness is Service, at least fifteen-twenty days prior to Gandhi Jayanti on 2nd October – on the lines of the age-old belief, Jal Seva Yahi Prabhu Seva, Service to Water is Service to God. Let's create an environment of cleanliness in the entire country. Whenever and wherever possible, let's look for the opportunity. But we must all come together. We could look at this as preparations for Diwali, preparations for Navaratri, preparations for Durga Puja. Do Shramdan, Donate through labor. Come together on Sundaysand Holidays. Go to settlements in your neighborhood, go to nearby villages, but do this in the form of a movement. I urge all NGOs, schools, colleges, social, cultural and political leaders, people in the

government, collectors and sarpanches, to begin creating an environment of cleanliness at least fifteen days ahead of Gandhi Jayanti on the 2nd of October so that it turns out to be the 2nd October of Gandhi's dreams. The Ministry of Drinking Water and Sanitation has created a section on MyGov.in where after constructing a toilet you can register your name and the name of the beneficiary family, who you helped. My friends from the social media can run a few creative campaigns and thus become a source of inspiration in the virtual world, to see results in the real world. The Ministry of Drinking Water and Sanitation has organized, the Swachch Sankalp se Swachcha Siddhi Pratiyogita, From the resolve of Cleanliness to attaining Cleanliness Competition comprising an essay competition, a short film making competition and a painting competition. You can write essays in various languages and there is no age limit. You can make a short film even with your mobile phone. You can film a two-three-minute movie that inspires cleanliness. It can be in any language; it could be silent too. The best three participants – three at the district level, three at the state level will be given prizes. I invite one and all – Come, join the Cleanliness Campaign in this manner as well.

I would like to reiterate, let's resolve to celebrate, 2nd October Gandhi Jayanti this year as Swachch Do Aktoobar, Clean 2nd October. And to this end beginning 15th September let us take the mantra, the message, Swachchata Hi Seva, Cleanliness is Service to each and every home. Take one or another step towards cleanliness. Make your effort to be a part of it. You will see how the Gandhi Jayanti of this 2nd October shines. You can imagine the inner bliss of paying homage to our revered Bapu, with fifteen days of this cleanliness campaign, Swachchata Hi Seva, when we celebrate Gandhi Jayanti on the 2nd of October.

My dear countrymen, I want to specially express my indebtedness to you. I want to thank you from the core of my heart, not because you have been connected with Mann Ki Baat, for such a long time – I want to express my gratitude and indebtedness as millions of people from across the country come together with Mann ki Baat. The number of listeners are in crores out of which lakhs of people write letters to me, send messages, and get their messages recorded on phone, which is a huge treasure for me. This has become a great opportunity for me to understand the hearts and minds of one and all. Much as you wait for Mann ki Baat, I await your messages with greater eagerness. I always look forward with anticipation, because I find so much to learn from all that you share. It is an opportunity to test my endeavors on this touchstone. Even the smallest of your suggestions help me in thinking anew on a wide variety of subjects. I therefore express my heartfelt gratitude for your contributions and also my indebtedness to you. My endeavor always is to see for myself, hear, read and understand your thoughts. All sorts of things come to me. Now take this phone call for example. You will be able to correlate with it. You too would feel that, you would've committed the same mistake. Sometimes certain things become a part of our habits, that we don't even realize that we are doing something wrong.

"Pradhan Mantri ji, I am Aparna from Pune. I want to tell you about a friend of mine. She always tries to help others, but one habit of hers amazes me. I went for shopping with her at a mall. She coolly spent two thousand rupees on a sari, and four hundred and fifty rupees on a pizza. Whereas, she haggled for a long time, over merely five rupees, with the auto driver, who took us to the mall. On the way back, we stopped to buy vegetables, and again she haggled with the vendors to save 4-5 rupees. I feel very bad. We spend extravagantly in

high places, without a single thought, but when it comes to our hardworking brethren, we quarrel with them over small amounts. We don't trust them. Please speak about this on Mann ki Baat."

Now after listening to this phone call, I am certain that you would have been shocked and awakened and would probably have resolved not to repeat such a mistake. Don't you feel that whenever a vendor comes to your door to sell something, on his rounds, when we come into contact with small shopkeepers, vegetable sellers, auto rickshaw drivers – in fact any person who earns through sheer hard work – we start bargaining with him, haggling with him: "No not so much, make it two rupees less, five rupees less!" And it is us, the same people, who go to dine at a fine restaurant, we don't even bother to check the bill, we just go ahead and pay the money, without thinking twice. Not just this, when we go to a showroom to buy a saree, we don't bargain, but when it comes to someone poor, we just cannot resist bargaining. Have you ever wondered what a poor man goes through? It is not a matter of two or five rupees, it hurts him deeply, when he feels that you are questioning his honesty. Two or five rupees make no difference to your life, but have you thought how much heartache this petty habit of yours can cause him. Madam I am grateful to you for calling me with this touching message. I am certain that my countrymen, if they are in the habit of behaving in this way with the poor will now stop doing so.

My dear young friends, the country celebrates National Sports Day on the 29th of August. This is the birth anniversary of the great hockey player, hockey wizard, Major Dhyan Chand ji. His contribution to hockey was unparalleled. I am reminding you of this because I want the younger generation of our country to take part in sports. Sports should become a part of our lives. If we are a young nation, our youth

should get manifested in the field sports as well. Sports means, physical fitness, mental alertness and personality enhancement. What else does one need? Sports, in a way, is a recipe that brings people together. The young generation of our country should come forward in the world of sports – and in today's computer era I would like to alert you to the fact that the playing field is far more important than the play station. Play FIFA on the computer, but sometimes show your skills with the football out in the field. You must be playing cricket on the computer but the pleasure of actually playing cricket in an open field under the sky is something else. There was a time when the children in the family went out to play, the mother would first ask, "When will you come back home?" Now the times are such that children, when they come home, they either start watching cartoons in a corner, or are glued to mobile games. And the mother has to shout, "When will you go out?" How times have changed! There was a time when the mother would demand to know when her son would be back. And today, she demands to know when he will go out.

Young friends, the Sports Ministry is launching a Sports Talent Search Portal to search for sporting talent and to groom them. Any talented child who has an achievement in sports, can upload his biodata or video on this portal. The Ministry of Sports will impart training to selected emerging players. The Ministry is launching the portal tomorrow. The good news for our young friends is that the FIFA Under 17 World Cup is being organized in India, from the 6th to the 28th of October. Twenty-four teams from all over the world will be making India their home.

Come, let's welcome the young visitors from all across the world with the festival of Sports, let's enjoy the sport, and create a conducive sporting atmosphere in the country. I speak about sports today, and just last week, a

heartwarming incident took place, which I would like to share with my countrymen. I had the opportunity to meet some young daughters, some of who, were born in the Himalayas, who had absolutely no connection with the sea. Six of these young daughters are in the Navy. Their grit and zeal, is inspiring for all of us. These six young women will embark on a voyage across the seas, in a small boat, INS Tarini. The expedition has been named, Navika Sagar Parikrama. They will circumnavigate the globe and return home, after many months. Sometimes they will spend 40 days on the seas in one go; at times, thirty. Our six daughters riding the waves of the high seas, with courage, is the first instance of its kind in the world. Each and every Indian would be proud of these daughters. I salute their valour and I have asked them to share their experiences with the entire country. I too am making a separate arrangement for their experiences on the Narendra Modi App to ensure that you can read it. For this is a tale of heroism, a tale of personal experiences, and I would be happy to bring you the stories of these daughters. My best wishes and blessings to these daughters.

My dear countrymen, we celebrate 5th September as Teacher's Day. It is the birthday of our former President, Dr. Radhakrishnan ji. He was the President, but all through his life, he saw himself as a teacher. He preferred to live a teacher's life. He was committed to being a teacher. He was a scholar, a diplomat, the President of India and yet, quintessentially a teacher. I salute him.

The great scientist Albert Einstein said, “It is the supreme art of the teacher to awaken joy in creative expression and knowledge.” The most important quality of a teacher, is to awaken in his students, a sense of creativity and the joy of learning. As we celebrate Teacher's Day this year can we come together and take a resolve? Can we run a

campaign in mission mode? Teach to Transform, Educate to Empower, Learn to Lead. Can we move ahead with this resolve? Get someone committed to a five-year resolve. Show him the path of attainment, which he can achieve in five years – so that he can experience the joy of success in life. Such an atmosphere can be created by our schools, our colleges, our teachers, our educational institutions. When we speak about transformation in our country, we must think of our teachers as we do of our mothers. The teacher plays a vital role in transformation. In the life of every teacher, there are incidents of simple efforts that succeeded in bringing about a transformation in somebody's life. We will play a big role in the transformation of the nation, if we make a collective effort. Come, let's move forward with the mantra, Teach to Transform.

"Pranam Pradhan Mantri ji, I am Dr. Ananya Awasthi. I am a resident of Mumbai and work for the India Research Centre of Harvard University. As a researcher, I have been specially interested in Financial Inclusion. With reference to the social schemes related to Financial Inclusion, my question to you is: In the backdrop of the Jan DhanYojna launched in 2014, can you say that, do the statistics show that today, three years later, India is financially more secure and stronger, and whether this empowerment and benefits have percolated down to our women, farmers and workers, in villages and small towns. Thank you."

My dear countrymen, the Pradhan Mantri Jan DhanYojna, financial inclusion, had been a point of discussion amongst Financial Pundits, not just in India, but all over the world. On the 28th of August 2014, we had launched this campaign with a dream in our hearts. Tomorrow on the 28th of August, the Pradhan Mantri Jan DhanYojna will complete three years. Thirty crore new families have been

linked to this scheme, bank accounts have been opened. This number is larger than the population of many countries of the world. And today I feel a great sense of fulfilment, that within three years, the last man on the fringes of society has become a part of the mainstream economy of the country. His ways have changed, he has now started going to the bank. He has started saving his money. He feels financially secure. When there is cash in the hand, or in the pocket or at home, one is tempted to indulge in wasteful expenditure. There is now an air of prudence. He is now beginning to understand that the money can be of use for his children. The money can be used productively in the days to come. Not just this, when a poor person sees a RuPay Card, in his pocket, he finds himself to be equal to the privileged – that if they have a credit card in their pockets, I too have a RuPay Card in mind. He feels a sense of dignity.

In the Pradhan Mantri Jan Dhan Yojna, almost 65 thousand crore rupees have deposited in banks by our underprivileged brethren. In a way, this is a saving for the poor, this is his empowerment for the future. And those who opened their accounts under the Pradhan Mantri Jan DhanYojna, have received the benefit of insurance as well. Schemes like, Pradhan Mantri Jeewan Jyoti Bima Yojna, Pradhan Mantri Suraksha Bima Yojna, with a small premium of one rupee or thirty rupees, are giving a new sense of confidence to the poor. For many families, in times of adversity, or on the demise of the head of the family, through the one-rupee insurance, they received two lakh rupees in a matter of days. Pradhan Mantri Mudra Yojna, Start Up Yojna, Stand Up Yojna – for Dalits, Adivasis, women, educated youth, youth who want to stand on their own feet – for millions and millions through Pradhan Mantri Mudra Yojna, they have been able to get loans from banks without any

guarantee. They have been able to stand on their own feet and have succeeded in giving employment to one or two other people as well. Banks have conducted surveys about how the common man has benefitted from Jan DhanYojna, from Insurance Schemes, from RuPay Card and Pradhan Mantri Mudra Yojna. I recently met a few bankers, who shared inspiring stories from their survey. There isn't enough time today, but I would certainly like request the bankers to upload these inspiring stories, on MyGov.in, so that people can read them and be inspired by how a scheme can bring about transformation in the life of a person, how it can bring a new energy, a new confidence – hundreds of examples have come before me. I will try my best to bring these to you; and the media can also take advantage of these inspiring stories. They too, can interview such people, and inspire the young generation.

My dear countrymen, once again, I wish you "michchamidukkadm." Thank you very much.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

24 September 2017

My dear countrymen, Namaskar to all of you! It is now a full three years since I started speaking to you over "Mann Ki Baat". This is the 36th episode today. "Mann Ki Baat" has provided me with a unique opportunity to get connected with various feelings and positive energy of the country; emotions of our people which include their desires, expectations and at times, even grievances, which come to their minds. And I have never said that these are the expressions of my mind; Mann Ki Baat reflects our countrymen's minds, their expressions, their expectations. And when I say things in Mann Ki Baat, people from across the country send their ideas, experiences and feelings to me. I am probably not able to convey all these to you but still I get a treasure-full of ideas over e-mail, over telephone, over mygov. or over NarendraModiApp. I receive a multitude of such ideas and suggestions. Most of these are inspiring to me.

A large number of these ideas are regarding improvements in the functioning of our government. There are personal grievances and complaints and sometimes attention is drawn to community problems. I just take half an

hour of your time in a month but people keep sending suggestions, ideas and other material over Mann Ki Baat during all 30 days of the month. And, the result of this whole exercise is that the government has started realizing the sensitivities and powerful ideas of the people of far off places. And, this is why the three-year journey of Mann Ki Baat is in fact a journey of our countrymen, their emotions and their feelings. I am thankful to our countrymen for having provided me an opportunity to understand the feelings of the common man. In Mann Ki Baat, I have always remembered one sentence of Acharya Vinoba Bhave. He always used to say 'A-sarkari, Asarkari', meaning non government is effective. I have also tried to focus on the people of the country in Mann Ki Baat, have kept it away from political hues & tried to remain connected with you with a stable mind rather than being diverted by the heat of the moment or anguish.

I surely believe and feel that now after three years, social scientists, universities, research scholars, media experts would undertake its analysis and highlight its every aspect, positive as well as negative. And I am sure that this brainstorming could be useful for Mann Ki Baat in future and will infuse a new energy into it. And, in one episode of Mann Ki Baat I had said that while having our food, we must also be conscious of consuming only as much as we need and see to it that there is no wastage. But, later, I received letters from all corners of the country. Many social organizations and many youth are already observing this in practice. I come to know about a lot many people who were involved in ensuring that leftover food was best utilized. I derived much satisfaction and joy to learn this.

Once, in Mann Ki Baat, I had mentioned about a retired teacher from Maharashtra Shriman Chandrakant Kulkarni who donated 51 post – dated cheques of Rs. 5,000/-

each for the cleanliness drive out of his total monthly pension of Rs. 16,000/-. And then I saw that a lot many people came forward to donate for this cause.

Once, I saw a selfie of a sarpanch with a daughter and referred to the same in Mann Ki Baat. In no time, “Selfie with Daughter” became a big campaign not only in India but across the whole world. This is not only an issue of social media. It became an incident to create a new self-confidence and a feeling of self pride in every daughter. Every parent started feeling that they should take a selfie with their daughter. Every daughter started regaining her own self confidence & self esteem.

I was in a meeting with the Tourism Department recently. I asked people who were planning to go travelling that where-ever they visit 'Incredible India', they must send photographs of those places. Lakhs of photographs from every corner of India were received which actually became a treasure for those working in the tourism sector. I've experienced through 'Mann Ki Baat' that even a tiny incident can launch a massive campaign. Today I felt like sharing it, since I thought that it has been three years, and events & incidents over those three years ran across my mind. The nation is always ready to move in the right direction. Every citizen of the country wants to do something for the benefit of others, for social good, for the country's progress. This is what I gathered, learnt and understood from our countrymen during three years of the Mann Ki Baat campaign. This is the most valuable capital and enormous strength for any country. I heartily bow to my countrymen.

In one episode of Mann Ki Baat I had discussed about Khadi and Khadi is not a fabric but an idea, a principle. I have noticed that these days interest in Khadi has increased very

much and I had just said that I was not asking people to makeover into wearing Khadi permanently; rather, since there are a number of fabrics then why not Khadi also be one of the fabrics of your choice? May be a bed-sheet in the house, a handkerchief or a curtain, it has been felt that the younger generation has got interested in Khadi. Sale of Khadi has increased and as a result of this, the poor man's household has directly got connected to employment. Discount is offered on Khadi from 2nd October and people get quite a good rebate. I once again urge that we should try and take forward the Khadi movement. We should follow the spirit of helping the poor to be able to light a Diwali lamp. The poor of our country will derive strength from this and we must do it. The increasing interest in Khadi has infused a new thinking in those working in the Khadi sector as well as those connected, in any way, with Khadi. How do we bring in new technology, how do we increase productivity, how do we introduce looms driven by solar power? How do we rejuvenate our traditional heritage which was lying inactive for 20, 25 or 30 years?

Sewapuri Khadi Ashram at Varanasi in Uttar Pradesh was lying closed for 26 years but has got a fresh lease of life now. A number of thoughts were implemented. New employment opportunities were created for a number of people. Khadi Gramodyog revived its training centre at Pampore in Kashmir and in this sector Kashmir has so much to offer. With the reopening of this training centre, the new generation will get a boost in jobs in manufacturing , in weaving, in creating new things and it feels so good to see that even big corporate Houses have started including Khadi items as Diwali gifts. Even people have started exchanging Khadi items as gifts. We now experience how something grows naturally.

My dear countrymen, we had taken a resolve in last

month's Mann Ki Baat and had decided to observe a 15-day Cleanliness Festival before Gandhi Jayanti. We shall connect people through cleanliness. Our Honourable President inaugurated this programme and the country got connected. The old or the young, men or women, city or village everyone has become a part of this Cleanliness campaign now. And when I say "Sankalp Se Siddhi", we can see for ourselves as to how a Cleanliness Campagin is advancing towards Sankalp Siddhi, that is Attainment through Reslove. Everyone accepts this, co-operates in this and makes a contribution in realizing this. I am grateful to our Honourable President. But, every section of society has taken this as its own campaign, everyone has got connected to this. Whether it be people from the sports world, academicians, schools, colleges, universities, farmers, workers, officers, government employees, police, or army jawans – every one has got connected with this. A kind of a pressure has been created in public places and now people resist if someone tries to spoil or to make a public place dirty in any way and even those spoiling public places are also feeling this pressure. It is a good thing and I am pleased to know that just in the first four days of "Swachhata Hi Sewa Abhiyan" more than 75 lakh people joined these activities with more than 40 thousand initiatives..

I have seen that some people are continuously working and are determined to bring out results. I noticed something else this time – one is that we clean up a place, and the second is that we become aware and do not spread filth; but if we have to inculcate cleanliness as a habit, we must start an idea- based movement also. This time a number of competitions were organized on the theme "Cleanliness is Service". More than two and a half crore children took part in an Essay Competition on cleanliness. Thousands of children

made paintings. They drew pictures based on their own imaginations. Many people wrote poems and these days I post drawings made by our young children on social media and praise their efforts. Whenever there is a reference to cleanliness, I do not forget to express my gratitude to media persons. They have taken this campaign in a religious manner. They have made a big contribution in creating a positive environment and are leading the Cleanliness Campaign in their own ways.

We can see in "Swachhata Hi Sewa" movement as to how the electronic media and the print media in our country can render a big service to the country. Just a few days ago some one drew my attention towards Bilal Dar, a young man of 18 years from Srinagar. And you will be glad to know that Srinagar Municipal Corporation has made him their brand ambassador and when there is a talk of brand ambassador, there is a general feeling that he/she must be a Cine artist or a sports-personality. But not in this case. Bilal Dar got connected to the 'Swachhata Abhiyan' or Cleanliness Campaign since the age of 12-13 years and has been working for the last 5 to 6 years. He clears plastic, polythene, used bottles, dry or wet waste – every piece of dirt from Aisa's biggest lake near Srinagar. He also earns from this activity. His father had died of cancer at a very young age but he connected his livelihood with cleanliness. I congratulate Srinagar Municipal Corporation for taking this initiative towards sanitation and for their imagination to appoint an ambassador for this cause of cleanliness because Srinagar is a tourist destination and every Indian wants to go there; and if such attention is given to Cleanliness it is a very big achievement in itself. And I am glad that they have not only appointed Bilal as their ambassador but also given him a vehicle, and also a uniform and he goes to other areas and

educates people about cleanliness and inspires them and keeps tracking them till results are achieved. Bilal is very young age wise but is a source of inspiration for all of us who are interested in cleanliness.

I congratulate Bilal Dar.

My dear countrymen, we will have to accept the fact that history begets history and when there is a reference to history, it is but natural to recall our great men. The month of October is a month to remember so many of our titans. From Mahatma Gandhi to Sardar Patel, there are many great leaders who gave us the direction towards the 20th and 21st century, led us, guided us and faced so many hardships for the country. 2nd October is the birth anniversary of Mahatma Gandhi and Lal Bahadur Shastri, 11th October is the birth anniversary of Jai Prakash Narain and Nanaji Deshmukh and Pandit Deen Dayal Upadhyay's birth anniversary falls on 25th September. This is the centenary year of Nanaji and Deen Dayal ji. And, what was the main focus of all these great men? One thing was common and that was to live for the country, do something for the nation; they led the people not by mere sermons but by their actions. Gandhiji, Jai Prakashji, Deen Dayalji were such great personalities who remained far away from the corridors of power but lived every moment for the people, kept fighting all odds following the principle “Sarv Jan Hitay – Sarv Jan Sukhay”, they kept endeavouring tirelessly. Nanaji Deshmukh left politics and joined the Gramodaya Movement and while celebrating his Centenary year, it is but natural to honour his contribution towards Gramodaya.

India's former President Shriman Abdul Kalamji used to speak of Nanaji's contribution in rural development while talking to the youth. He used to mention Nanaji's contribution

with great respect and he even went to a village to see Nanaji's work there.

Like Gandhiji, Deen Dayal Upadhyayji also talked about the last person at the farthest fringes. Deen Dayalji talked about the poorest of the poor the deprived, distressed ones and spoke of how, through education, employment or otherwise his life could be transformed. We are not obliging these great men by remembering them but we remember them so that we may be able to foresee our forays into the future and the direction we choose.

In the next Mann Ki Baat, I will surely mention Sardar Vallabh Bhai Patel but on 31st October, Run for Unity – Ek Bharat Shreshth Bharat – will be organized throughout the country. There should be a number of Run for Unity programmes in every city, every town and the weather is also such that one would enjoy running – It is essential for developing a will power of steel, like that of Sardar Saheb. Sardar Saheb unified the country. We also have to run for unity in order to promote the mantra of unity.

The element of Unity in diversity being India's speciality comes naturally to us. We feel proud of diversity but have you ever tried to feel this diversity? I would like to re-iterate to my countrymen, and specially to my young friends that we are alive & aware beings. We should feel India's diversity, touch it, feel its fragrance. You may see for yourself, that for your inner development also, these diversities of our country work as a big teaching tool. There are vacations, Diwali is drawing near, all around in our country, there is an inclination to travel to some place or the other; people go as tourists and it is very natural. But, it is a matter of concern when we do not see our own country, we do not know about its diversities nor do we understand them.

Impressed by mere superficial glitter we have started enjoying touring foreign countries only. You travel around the world, I have no issues but have a look at your own country too. People of North India may not be knowing what all is there in the South! People of West India may not be knowing what all is there in the East! Our country is full of such myriad diversities.

If you refer to Mahatma Gandhi, Lokmanya Tilak, Swami Vivekanand, our former President Abdul Kalamji then you will notice that when they toured around India, they got to see and understand India and they got inspired to do and die for the country. All these great men travelled widely in India. At the beginning of their endeavour, they tried to know and understand India; tried to live India within themselves. Can we make an effort as a student to learn, understand and try to live as per the traditions, culture, attire, eating habits and beliefs of different states, different societies, different groups of our country?

There will be a value addition in tourism only when we travel not only as a visitor but also like a student and make efforts to assimilate, understand & adapt. This is my personal experience, I had a chance of visiting more than five hundred districts of India. In more than four hundred & fifty districts, I had a night stay too. And now, when I am shouldering this responsibility in India, that travel is coming in very handy and proving to be very useful. That helps me a lot in understanding things. I request you too, to feel the "Unity in Diversity" which is not a mere slogan but is a storehouse of enormous energy. The dream of "Ek Bharat – Shreshtha Bharat" is inherent in this. How many varieties of cuisines there are ! If we eat a new dish every day, we won't have to repeat any variety throughout our life. This is the power of our tourism. I would request that during these vacations do not go

out just for a change but leave with the intention to know, understand –& gain something. Internalize India within yourselves. Internalize the diversities of millions of denizens of India within you. These experiences will enrich your lives. Your vision will expand. And, who can be a better teacher than experience!

Generally, October to March is the suitable time for tourism. People travel. I am sure that even this time if you go, you will lend further fillip to my campaign. Wherever you go, share your experiences, share photographs. You must send photographs on # incredibleindia. If you happen to meet people there, send their photos too. Write not only about architecture or natural beauty but write something about their daily life too. Write good travelogues. Send on Mygov. And on NarendraModiApp. A thought comes to my mind, that in order to promote tourism in India what could be the seven best tourist destinations in your state – every Indian must know about these seven tourist spots of his state. If possible, one must visit these seven places. Can you provide some information about that? Can you post on NarendraModiApp? Can you post on #incredibleindia? You see, if all the people of one state will do this, then I will ask the government to do a scrutiny of it and prepare publicity material based on seven common things received from each state. In other words, how can tourist destination be developed keeping public aspirations in mind? Similarly, whatever you have seen throughout India and whichever seven out of these you liked the best and you wish that someone should see these things, or should go there, should get information about them, then you must send photos and information of seven such tourist spots on Mygov. Or on NarendraModiApp. The Government of India will work on that. The government will accept suggestions about making films, videos or preparing

publicity material and about promoting that destination. Come, get connected with me. You can also act as a major catalyst in promoting the tourism of our country by utilizing the time from this October to March. I invite you.

My dear countrymen, being a human being, there are many things that touch me too. They agitate my heart. They leave a deep impression on my heart. After all I am also a human being just like you. You might have noticed one recent incident, a unique example of grit, determination and patriotism that was witnessed by all countrymen. The Indian Army has got two extraordinary brave women officers; they are Lieutenant Swati and Nidhi. Their husbands laid down their lives in the service of mother India. One can imagine one's agonizing mental state if her world gets shattered at such a early age! But Swati Mahadik, the wife of martyr colonel Santosh Mahadik – resolved to face the difficult situations and she joined the Indian Army. She received training for 11 months putting in great efforts and she put her life at stake to fulfill her husband's dreams. Similarly, Nidhi Dubey's husband Mukesh Dubey was a Naik in the army and attained martyrdom while fighting for his country. His wife Nidhi also took a resolve and joined the army. It is very natural for every countryman to have a deep sense of respect for these two bravehearts, our Matri Shakti. I convey my heartiest congratulations to both of them. They have evoked a new inspiration and a new awakening among millions of our countrymen. Many congratulation to these two sisters.

My dear countrymen, there is a big opportunity for our younger generation between Navratra festivities and Diwali. FIFA under- 17 world cup is being organized in our country. I am sure reverberations of the spirit of football will be heard all around. It will evince more interest in Football in

every generation. There should not be a single school-college ground in India where we will not see our youngsters at play. Come on, the whole world is coming to play on Indian soil, let us make sports a part of our lives.

My dear countrymen, Navratras are going on. It is a time for praying to Ma Durga. The whole environment is filled with sacred fragrance. All around there is an atmosphere of spirituality, an air of festivities, an atmosphere of bhakti, of reverence. This is revered as a festival of Shakti Sadhana. This is also known as Sharadiya Navratri, the beginning of autumn. On this pious occasion of Navratri, I convey my best wishes to our countrymen and pray to Ma Shakti to let our country attain newer heights so that the desires and expectations of all our countrymen get fulfilled. May our nation be blessed with the strength to face any challenge.

May the nation move forward and may the year two thousand twenty two- 75 years of India's Independence be an attempt to realize the dreams of our freedom fighters, the resolve of 125 crore countrymen, with their tremendous hard work, courage and determination to fulfill our resolve and prepare a roadmap for five years. We have moved on; may ma-shakti shower her blessings upon us. My good wishes to all of you. Celebrate festivities, enjoy with enthusiasm.

Many Many thanks.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

29 October 2017

My dear countrymen, Namaskar. The mega festival of Chatth, celebrated 6 days after Diwali, is one of those festivals which are celebrated in accordance with strict rituals & regimen. In everything associated with it like cuisine or attire, traditional norms are adhered to. The unique festival Chhath Pooja is deeply linked with nature & worshiping nature. Surya & Jal –The Sun & Water are central to the veneration in Chhath, whereas utensils made of bamboo & clay and tubers are an essential part of the Pooja articles. In this mega festival of faith, veneration of the rising sun and worship of the setting sun convey a message that is replete with unparalleled Sanskar. The world respects & venerates those who rise; the Chatth Pooja bestows upon us the sanskaar to respect & revere those whose setting, whose dusk is imminent. The expression of the significance of cleanliness in our lives is intrinsic to this festival. Before the advent of Chatth, people come together to clean up their homes, and along with that cleansing of rivers, lakes, pond banks and pooja locations, that is ghats, with utmost enthusiasm &

fervour. Sun worship or Chhath Pooja is a festival of protecting the environment, ushering in wellness and discipline.

Usually, people shy away from borrowing from others. But in Chhath Pooja, it is specially customary to ask for Prasad after the morning Arghya ritual. It is believed that the rationale behind this tradition is that, it destroys his ego that proves to be an impediment in one's path of progress. It is natural for each one of us to feel proud of this great tradition of India.

My dear countrymen, 'Mann – Ki – Baat' has garnered accolades; it has also attracted criticism. But whenever I look at the overall outcome of 'Mann Ki Baat', it reinforces my belief, that it is intrinsically, inseparably woven into the warp & weft of our common citizens' lives, cent per cent. Take the examples of Khadi and handloom. On Gandhi Jayanti I have always advocated the use of handloom and Khadi. What has it led to? You will be glad to know that on the 17th of this month on the day of Dhanteras, the Khadi Gramodyog Bhavan store in Delhi witnessed a record sale of Rupees one crore, twenty lakhs. You too must be feeling happy with a sense of satisfaction at this mega sale in just one Khadi & Handloom store. During Diwali, Khadi gift coupon sales recorded an overwhelming 680 per cent rise. Compared to last year, the total sales of Khadi & Handicrafts have risen almost by 90%. One can clearly see that today, the youth, the elderly, women, in fact every age group is taking to Khadi & handloom.

I can imagine how many weaver families, poor families, and the families working on handlooms must have benefitted from this. Khadi was Khadi foundation earlier and we talked of Khadi fashion but with my recent experience I can say that after Khadi for nation and Khadi for fashion now,

it is becoming Khadi for transformation. Khadi and handloom have transformed the lives of the poorest of the poor and are emerging as a powerful means of empowering them. It is playing a very important role for gramodaya.

Shriman Rajan Bhatt has written on NarendramodiApp that he wants to know about my experience of celebrating Diwali with security forces and he also wants to know how the security forces celebrate Diwali. Shriman Tejas Gaikwad has also written on NarendramodiApp whether there could be an arrangement to send our homemade sweets to the security forces. We also remember our brave security forces. We also feel that our homemade sweets must reach our country's soldiers. All of you must have celebrated Deepawali with traditional fervour. To me, Diwali brought a special experience. Luckily I got another chance to celebrate Deepawali with our courageous and brave heart security personnel. Memories of Diwali celebrations with our security forces in Gurez sector of Jammu & Kashmir will stay long cherished in my heart. On behalf of all our countrymen, I salute every soldier of our security forces who guard the country's borders with utmost dedication and a spirit of sacrifice, braving all odds. Whenever we get a chance or whenever there is an opportunity we must try to know the experiences of our soldiers and listen to their tales of valour. Many of us may not be aware that the jawans of our security forces play an important role not only on our borders but they play a very vital role in establishing peace the world over. As UN Peacekeepers, they are bringing glory to the nation in the comity of nations. United Nations Day was observed recently all over the world on the 24th of October.

Everybody recalls the efforts and constructive role of the UN in establishing peace throughout the world. And, we

are believers in “Vasudhaiv Kutumbakam” which means the whole world is our family. And with this belief, India has been cooperating very actively in various important initiatives taken by the UN. You may be aware that the preface of the Indian Constitution and the preface of the UN Charter; both start with the words 'We the people'. India has always stressed on the importance of equality for women and the UN Declaration of Human Rights is a living example of this.

In its initial phrase, it was proposed as 'all men are born free and equal' which was amended and adopted as 'all human beings are born free and equal' with the efforts of the Indian representative Hansa Mehta. It appears to be a minor change but it reflects a vision of a healthy thought. India's most important contribution under the UN umbrella is its role in UN Peacekeeping Operations. India has always been extending active support to UN Peace Missions.

Many of you may be getting to know this for the first time. More than 18 thousand Indian security personnel have lent their services in UN Peacekeeping Operations. Presently, about seven thousand Indian soldiers are associated with UN Peacekeeping initiatives which is the third highest number of soldiers from any country. Till August 2017, Indian soldiers had lent their services in about 50 of the total of 71 Peacekeeping operations undertaken by the UN the world over. These operations have been carried out in Korea, Cambodia, Laos, Vietnam, Congo, Cyprus, Liberia, Lebanon, Sudan and many other parts of the world. In Congo and Southern Sudan more than twenty thousand patients were treated in hospitals of the Indian army and countless lives were saved.

Indian security forces have not only saved people in various countries but also won their hearts with their people

friendly operations. Indian women have played a leading role in peace keeping efforts. Very few people may know that India was the first country which sent a female police unit to Liberia for the United Nations Peace Mission. And see how this initiative from India became a big source of motivation for other countries too. Later, all countries started sending their women police units. You will surely feel proud to know that India's contribution is not limited to just peacekeeping operations but it is also providing training to peacekeepers from about eighty five countries. The brave peacekeepers from this land of Mahatma Gandhi and Gautam Budha have sent a message of peace and amity around the world. Peacekeeping operation is not an easy task. Jawans from our security forces have to perform duties in difficult and remote areas. They have to live amongst many different people. They need to know and adapt to various situations and different cultures. They have to mould themselves according to the local needs and environment. While remembering our brave UN Peacekeepers today, who can forget the sacrifice of Captain Gurbachan Singh Salaria who laid down his life while fighting in Congo in Africa ?

Every Indian feels proud while remembering him. He was the only UN peacekeeper, a brave-heart, who was awarded the Param Veer Chakra. Lieutenant General Prem Chand ji is one among those Indian Peacekeepers who carved a special niche for themselves in Cyprus. In 1989, at the age of 72, he was appointed the Force Commander for an operation in Namibia and he gave his services to ensure the Independence of that country. General Thimaiyya, who had been India's army chief, lead the UN Peacekeeping force in Cyprus and sacrificed everything for those peace efforts. India has always been giving a message of peace, unity and harmony to the world. We believe that everyone must live in

peace and harmony and move ahead to carve a better and peaceful tomorrow.

My dear countrymen, our holy land has given great souls who selflessly served humanity. Sister Nivedita, whom we also know as Bhagini Nivedita, was one such extraordinary person. She was born in Ireland as Margret Elizabeth Noble but Swami Vivekanand gave her the name NIVEDITA. And Nivedita means the one who is fully dedicated. She later proved herself true to her name. Yesterday was the 150th birth anniversary of Sister Nivedita.

She was so impressed by Swami Vivekanand that she renounced her happy- prosperous life and dedicated herself to the service of the poor. Sister Nivedita felt very hurt by the atrocities of the British rule. The Britishers not only made us slaves but they tried to enslave us mentally as well. Constant efforts to belittle our culture and make us feel inferior were on. Bhagini Nivedita ji revived the dignity and pride of Indian culture. She brought the people together by infusing a sense of national-awakening. She travelled to various countries and raised her voice against the mischievous propaganda against Sanatan Dharma and ideology. Renowned nationalist and Tamil poet Subramanya Bharati is well known for his revolutionary poem Pudhumai Penn or New woman and is renowned for his efforts for Women empowerment.

It is said that Bhagini Nivedita was the inspiration. Bhagini Nivedita ji also helped the great scientist Jagdish Chandra Basu. She helped publication of Basu's research and publicity through her articles and conferences.

This is India's unique beauty that spirituality and science complement each other in our culture.

Sister Nivedita and Scientist Jagdish Chandra Basu are a powerful testimony to this. In 1899, plague broke out in

Calcutta and hundreds of people lost their lives in no time. Sister Nivedita, without caring for her health, started cleaning drains and roads. She was a woman who could live a luxurious life but she dedicatedly worked for the poor. Getting inspiration from her sacrifice, people came forward and joined her.

Through her work, she spread the message of the importance of cleanliness and service to mankind. And, it is inscribed on her grave – "Here reposes Sister Nivedita who gave her all to India". Undoubtedly, she did so. There cannot be any other befitting tribute to this great soul than every Indian taking a lesson from her life and emulating her.

Thank you for your phone call. First of all, many felicitations to all the children on the occasion of Children's Day celebrated on the birthday of our first Prime Minister Jawaharlal Nehru ji. Children are the emerging heroes in the creation of new India. Your concern is correct that the diseases which surfaced in old age, or emerged around the last lap of life – have started to appear in children nowadays. It is indeed surprising today, when we hear that children are suffering from diabetes.

In earlier times, such diseases were known as 'Raj-Rog' which means diseases that used to afflict only the rich or those who lived a life of luxury. Such diseases were very rare in young people. But our lifestyle has changed. Today these diseases are known as 'lifestyle disorders.' One of the main reasons for being afflicted with such diseases at a young age is the lack of physical activity in our lifestyle and the changes in our eating habits.

Society and the family need to pay attention towards this crisis. If you'll start paying attention to it, you will see that there is no need to do anything extraordinary. You just need to

make small regular changes in order to transform your habits, making them a part of your way of life. I would like the family to consciously try to inculcate in children the habit of playing in open grounds. If possible, we can make the elder family members accompany these children to the playground and play with them.

The children can be made to take the stairs instead of taking the lift. After dinner, the entire family can go for a walk with the children. Yoga for Young India. Yoga will be helpful for especially our young friends, in maintaining a healthy lifestyle and protecting them from lifestyle disorders. The practice of Yoga 30 minutes before school can impart much benefit. It can also be practised at home and the specialty of Yoga is that it is easy, simple and accessible to all. I am saying this because a person of any age can easily practise it. It is simple because it can be easily learned and it is accessible, since it can be done anywhere.

No special tools or fields are needed. There are several studies being conducted on how Yoga is effective in curbing diabetes. These studies are being carried out in AIIMS too and the results that have emerged so far are very encouraging. Do not look at Ayurveda and Yoga as a means of medical treatment only; instead of this we should make them a part of our life.

My dear countrymen, especially my young friends, we have been getting glad tidings from the field of sports. In different games, our athletes have made the country proud. In hockey, India has won the Asia Cup hockey title through its dazzling performance. Our players performed magnificently and on the basis of their sterling efforts, India has become the Asia Cup champion after an interval of ten years. India had earlier won the Asia Cup in Hockey in the years 2003 and

2007. I extend felicitations on behalf of the entire nation to the entire team and support staff.

After hockey, good news for India also came in badminton. Badminton star Kidambi Srikanth has filled every Indian's heart with pride by clinching the Denmark Open title with his excellent performance. After Indonesia Open and Australia Open, this win has completed the triad of the super series premiere title. I congratulate our young friend, Kidambi Srikanth for this feat and enhancing the prestige of India.

Friends, the FIFA Under-17 World Cup was organized this month. Teams from all over the world came to India and all of them exhibited their skills on the football field. I also got an opportunity to go and watch a match. There was a lot of enthusiasm among the players and the spectators. This world cup was a super event where the whole world was watching you. Such a big spectacle, I was astounded to see the energy, enthusiasm, and zeal of all the young players. The world cup was successfully organized and all the teams performed their best.

Regardless of the fact that India could not win the title, the young players of India won the hearts of everyone. The whole world including India enjoyed this mega festival of sports and this whole tournament was both full of interest and entertainment for football lovers. The signs that the future of football is very bright have started to appear. I extend my congratulations and good wishes to all the players, their colleagues, and all the sports lovers once again.

My dear countrymen, a multitude of people write to me about 'Swachch Bharat', I feel that if I have to do justice to their feelings then I will have to do the program 'Mann Ki Baat' every day and every day 'Mann Ki Baat' will be

dedicated solely to the subject of cleanliness. Some listeners send photo graphs of the efforts undertaken by children whereas others mention the role of youth in these efforts. Sometimes there is a story of an innovation to bring about cleanliness or winds of change that get ushered due to an official's zeal.

A few days ago I received a very detailed report highlighting the story of transformation of Chandrapur Fort in Maharashtra. An NGO called Ecological Protection Organization launched a cleanliness campaign in Chandrapur Fort. In this campaign lasting for two hundred days, people performed the task of cleaning the fort, non-stop, without any fatigue and with team-work. Just think Two-hundred-days of continuous labour! They sent me photographs with a caption- 'Before and After'! I was overwhelmed on seeing these and whoever will see these photographs, no matter how upset he is on witnessing the filth around him, and wondering how the mission of cleanliness will be fulfilled – then I have to tell such people that you can see for yourself the toil, resolve and determination of the members of the Ecological Protection Organization, in these living pictures.

Just on seeing these pictures, your disappointment will transform into hope. This mammoth effort of bringing about cleanliness is a wonderful example of fostering aesthetics, co-operation and continuum. Forts are symbols of our heritage. And it is the duty of all countrymen to keep our historical heritage safe and clean. I congratulate Ecological Protection Organization, their entire team and the people of Chandrapur.

My dear countrymen, we'll celebrate Guru Nanak Jayanti on the 4th of November. Guru Nanak Dev ji is not only the first guru of Sikhs; he's guru to the entire world. He

envisioned the welfare of all humanity and considered all castes to be equal. He stressed on women empowerment and respect for women. Guru Nanak Dev ji undertook a 28 thousand kilometre journey on foot and throughout the journey spread the message of true humanity. He entered into a dialogue with people and showed them the path of truth, sacrifice & dedication. He advocated the message of equality in society, not through mere words but through concrete endeavour. He ran a LANGAR which sowed the seeds of the spirit of service amongst fellow beings. Partaking of LANGAR together created a feeling of unity & oneness in people. Guru Nanak Dev ji voiced three messages for a meaningful, fulfilling life- Chant the name of the Almighty, work hard and help the needy. In order to convey his ideals, Guru Nanak Dev ji composed the Gurbani. Come 2019, we are going to celebrate the 550th PRAKASH VARSH of Guru Nanak Dev ji. Come, let us try & advance on the path of his ideals & teachings.

My dear countrymen, we shall celebrate the birth anniversary of Sardar Vallabhbhai Patel ji, two days from now, on the 31st of October. All of us know that he was the one who laid the foundation stone of modern, unified India. We can learn a lot from the unparalleled saga of this great son of Mother India. The 31st of October was also the day on which Smt. Indira Gandhi left this world. Sardar Vallabhbhai Patel's speciality was that he not only put forth revolutionary ideas; he was immensely capable of devising practical solutions to the most complicated problems in the way. Translating a thought into reality was his forte'. Sardar Vallabhbhai Patel took on the reins of weaving a unified India. He ensured that millions of Indians were brought under the ambit of one nation & one constitution. His decision making ability infused in him the strength to overcome all obstacles.

Wherever respectful coercion was needed, he proceeded gently. Wherever the use of force was imperative, he did not hesitate. He set a definite goal and moved forward on its path with grit & determination. It was only he who could achieve this task of uniting India. He conceived a nation where everyone was equal. One ideal of Sardar Vallabhbhai Patel will always be inspiring to all of us. He had said "No division of caste or creed should be able to stop us, all are the sons & daughters of India, all of us should love our country and we should carve out our destiny on the foundation of mutual love & harmony.

These lofty ideals of Sardar Sahab are relevant to and inspiring for our vision for a New India, even today. And that is why his birthday is celebrated as National Unity Day. His contribution in giving a unified texture to the nation is without parallel. On the occasion of the birth anniversary of Sardar Sahab, Run for Unity will be organized throughout the country, which will see the participation of children, youth, women, in fact people of all age groups. I urge you to participate in Run for Unity, the festival of mutual harmony.

My dear countrymen, you must've returned to your respective routines after the Diwali vacation, with a new resolve, with a new determination. May all your dreams come true, my best wishes to you.

Many many Thanks.

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

26 November 2017

My dear countrymen, namaskar! A while ago, I had a chance to have an indirect dialogue, with young friends from Karnataka. The Times Group Newspaper "Vijaya Karnataka" started a new initiative urging the children to write a letter to the Prime Minister of the country. And, then they published some selected letters. I read those letters and liked the initiative. Even these little children are conversant with problems confronting the nation; aware of the deliberations going on in the country. Kirti Hegde from North Kannada had appreciated Digital India and Smart City schemes and she put forth a suggestion that we need to transform our education system and said that the present-day children do not like classroom reading, they love to know more and more about nature. And if we impart knowledge about nature to our children then in future they may prove very useful in protecting the environment.

A child Reeda Nadaf from Laxmeshwara has written that she is the daughter of an army man and feels proud of being so. Which Indian would not be proud of our soldiers? And, you being a soldier' daughter should naturally take pride

in that. Irfana Begum from Kalburgi has written that her school is 5 Kilometres away from her village and she has to start early in the morning and it gets quite late in the evening by the time she returns home. She says that as such she does not find time to spend with her friends and has suggested that there should be a school nearby. But, my countrymen, I liked this initiative taken by a newspaper that helped these letters reach me and I got an opportunity to go through these. This was a very good experience for me.

My dear countrymen, today is 26/11. The 26th of November is our Constitution Day. The Constitution of India was adopted by the Constituent Assembly on this day in the year nineteen forty-nine. Our constitution was implemented on the 26th of January, 1950 which we celebrate as our Republic Day. The Constitution of India is the spirit of our democracy. This is the day to remember the members of the Constituent Assembly. They all worked hard for about three years to draft the Constitution. And, whoever reads that debate will feel proud about what actually the vision of a life dedicated to the nation is. Can you imagine how hard their task would have been to frame the Constitution of our country which has such big diversities? They must have shown a great sense of understanding and farsightedness and that too at a juncture when the country was getting rid of the bondage of slavery. Now, this is the responsibility of all of us to make a New India in the light of the thinking of the makers of our Constitution. Our Constitution is all encompassing. There probably is no area, no aspect of nature which remained untouched.

Equality for all and sensitivity towards all is the unique characteristic of our Constitution. It guarantees fundamental rights to each & every citizen, whether underprivileged or oppressed, backward or deprived, a tribal

or a woman. It protects their fundamental rights and safeguards their interests. It is our duty that we abide by our Constitution in letter and spirit. Citizens and administrators alike must move ahead in accordance with the spirit of our Constitution. The message that our Constitution conveys is that no one should be harmed in any way. It is but natural to remember Dr. Babasaheb Ambedkar on the Constitution Day today. Seventeen separate committees were constituted by the Constituent Assembly on various important issues. One of most significant of these was the drafting committee and Dr. Babasaheb Ambedkar was the Chairman of this drafting committee. He was playing a pivotal role in it. The Constitution of India, which we feel so very proud of, bears an indelible stamp of his able leadership. He ensured the welfare of every section of society. We remember him and bow before him on his Mahaparinirvan Diwas on 6th of December. Babasaheb's contribution in making the country prosperous and strong can never be forgotten. 15thof December is the death anniversary of Sardar Vallabh Bhai Patel. Sardar Patel rose from being a farmer's son to be known as the Iron Man of the country, undertaking the extraordinary task of uniting India into one nation. Sardar Saheb was also a member of the constituent Assembly. He was also the Chairman of the Advisory Committee on fundamental rights, minorities and tribals.

26/11 is our Constitution Day but how can the nation forget that on this very day nine years ago, terrorists had launched an attack on Mumbai. The country remembers and bows to those brave citizens, policemen, security men and each one who lost their lives then. This country can never forget their sacrifice. Terrorism has taken an ugly shape and has become a global threat almost as a daily routine. We, in India, are facing to lot for the last 40 years on account of

terrorism. Thousands of our innocent people have lost their lives. But, a few years ago, when India used to talk about the severe threats of terrorism many people in the world were not ready to take it seriously, Now that, terrorism is knocking at their doors, every Government in the world, those who believe in humanity, Governments having faith in democracy are seeing this as one of the biggest challenges. Terrorism has threatened humanity across the globe. Terrorism has challenged humanity. It is bent upon destroying the humanitarian forces. So, not only India but all humanitarian forces will have to keep fighting unitedly to defeat the menace of terrorism. Lord Budha, Lord Mahavir, Guru Nanak, Mahatma Gandhi – this is the land which gave the message of love and non-violence to the world.

Terrorism and extremism are trying to weaken and destroy our social fabric. That is why, the need of the hour is that humanitarian forces should become more alert and cautious.

My dear countrymen, we shall observe Navy Day on the 4th of December. Indian Navy secures and protects our maritime boundaries. I congratulate all those who belong to the Navy. All of you must be knowing that our civilization developed along river banks. Be it the Indus, the Ganges, the Yamuna or the Saraswati – our rivers and seas are both economically and strategically important. These are our gateway to the whole world. This country, our land has an unbreakable bond with oceans. And as we peep into our history, we come to know that about 800 to 900 (eight to nine hundred) years ago, during the rule of the Cholas, the Chola Navy was considered one of the strongest navies. This navy had a big role in the expansion of the Chola-rule and in making it an economic super power. Numerous references of voyages and expeditions of the Chola-Navy are found even

today in “Sangam - literature”. Very few people might be aware that most navies of the world allowed women on their warships pretty later. But in the Chola Navy, a large number of women played leading roles and that too about eight to nine hundred years ago; to the extent that women actively took part in battles. The Chola rulers possessed a very rich and sound knowledge of ship building. When we talk of navy, who can ignore Chhatrapati Shivaji Maharaj and the capabilities & might of his navy. Konkan coast, where the sea has a significant role, was under Shivaji Maharaj's realm. Many forts associated with Shivaji Maharaj like Sindhu Durg, Murud Janjira, Swarn Durg, etc were either situated on the sea coast or were encircled by sea. The security of these forts was the responsibility of the Maratha Navy. There was a combination of large ships and small boats in the Maratha Navy. His naval forces were very efficient and skilled in attacking the enemy and in defending their attacks. And how can we refer to the Maratha Navy and not remember Kanhoji Aangre! He took the Maratha Navy to newer heights and established Maratha Naval Bases at a number of places. After Independence, our Indian Navy showed its valour on various occasions; be it the liberation struggle of Goa or the Indo-Pak war. When we talk of the Navy, we see only war but the Indian Navy has come forward in humanitarian ventures as well. In June this year when Cyclone Mora hit Bangladesh and Myanmar, our naval ship INS SUMITRA rendered a big help in rescue operations; many fishermen were rescued from the sea and handed over to Bangladesh.

In May-June this year when there was a severe flood in Sri Lanka, three ships of our navy reached there immediately and helped the government and the people there. In September, during the Rohingya crisis in Bangladesh, our naval ship INS GHADIYAL delivered humanitarian

assistance there. The Government of Papua New Guinea sent an SOS-message to us in June and our navy rendered help in saving the fishermen of a fishing boat. On 21st November, during an incident of piracy in a merchant vessel in the Western Gulf, our naval ship INS TRIKAND reached there to help them. Carrying medical services to FIJI, sending urgent relief, or delivering humanitarian aid during crisis to a neighbouring country – our navy has always rendered glorious service. We Indians, always nurture a feeling of pride and respect towards our security forces- be it the army, the navy or the air force and every countryman salutes the courage, bravery, valour, chivalry and sacrifice of our soldiers. They sacrifice their youth for the country so that 125 crore countrymen may live in peace. We observe ARMED FORCES FLAG DAY every year on 7thDecember. This is a day to feel proud of and show respect to our country's armed forces.

I am happy that the Ministry of Defence has decided to run a campaign from December 1 to December 7 during which they will reach out to the people of the country to disseminate information about our ARMED FORCES and to make them aware. Throughout the week every one, old or young, should wear the flag. A movement to instill respect for our forces will come into being in the country. We can distribute ARMED FORCES FLAGS on this occasion. Experiences and acts of valour of those from the armed forces who are our neighbours or acquaintances and related videos and pictures can be posted on hash-tag armed forces flag day (#armedforcesflagday). People from the forces could be invited to schools and colleges to share information about the forces. Our new generation can get a good opportunity to get information about the forces. This is also an occasion to collect funds for the welfare of the jawans of our armed

forces. This amount is spent through the Sainik Kalyan Board on the dependents of those who lost their lives and also for those who got injured during wars, for their rehabilitation. More information about sending in monetary contributions can be had on kbs.gov.in. You can also make cashless payment for this. Come, let us do something on this occasion which may raise the morale of our armed forces. We should also contribute towards their welfare.

My dear countrymen, World Soil Day is on the 5th of December. I want to tell something to my farmer brothers and sisters. An important component of the Earth is "soil". Whatever we eat is linked only to this soil. In a way, the complete food chain is connected to soil. Just imagine, what will happen if there is no fertile soil in the world? The very thought is dreadful. There will be no soil, no plants and trees will grow; how will human life be possible? How will animals and birds survive? This concern was touched upon a long time ago in our culture and that is why we are aware of the significance of soil since ancient times. In our culture, there has been efforts to foster a feeling of devotion and gratitude towards our farms, our soil among the people and at the same time scientific farming methods and techniques have been adopted which provide nutrients to the soil. In the life of the farmer of this country both aspects have been important- reverence to his soil and preserving & nurturing it scientifically. We all feel proud of the fact that the farmers of our country are rooted to traditions and also take interest in modern science, they keep trying and resolve. I had heard about the farmers, of Tohoo village in Bhoranj block of Hamirpur district in Himachal Pradesh.

Farmers here were earlier using chemical fertilizers indiscriminately which deteriorated the soil-health. Produce reduced which resulted in lower income and gradually the

productivity of the soil also was going down. Some enlightened and alert farmers in the village noticed and understood the gravity of the situation, and after that got their soil tested on time and followed the advice about the quantity of fertilizers, micro-nutrients and organic fertilizers to be used. And, you will be surprised to know about the results achieved after the farmers received the information and guidelines about soil health. In the Rabi season of 2016-17, wheat production per acre increased three to four times and their income also increased by four to six thousand rupees per acre. Besides, the soil quality also improved. Cut in fertilizer usage resulted in monetary saving. I am very glad to see that my farmer brothers have come forward to implement the suggestions made in the soil health card and as better results are showing, they are getting more and more inspired. And, now the farmer also realizes that proper soil care is needed if production is to be increased and that if we take care of our soil, it will also care for all of us.

Our farmers across the country have got more than 10 crore soil health cards made so that they may understand their soil better and accordingly sow the crop.

We worship mother Earth but have we ever thought as to how much damage is caused to the health of our mother-Earth because of the usage of fertilizers like Urea? This has been proved by all scientific methods that a serious damage is caused because of an excessive use of urea. The Farmer is the son of the soil, how can a farmer see the mother Earth falling sick? The need of the hour is to revive the mother-son relationship. Can our farmers, the sons of our soil make a resolve that by the year 2022, when we complete 75 year of our independence, they will cut down the urea usage to half of what is being used presently? If this son of the soil, my farmer brother once make this resolve then we will see the health of

mother Earth improve and production will increase. A transformation shall start to usher into the life of the farmer.

All of us are experiencing Global warming, climate change now. There was a time when winter would set in even before Diwali. And now, December is knocking on our doors, yet winter is advancing at a leisurely pace. But the moment winter sets in, we all have experienced that we don't like coming out of our quilts one bit. Despite such inclement weather there are some extraordinarily aware people who deliver results that are exemplary and inspiring for all of us. You will be amazed to learn that Tushar, an eight year old differently - abled, divyang lad from Madhya Pradesh had taken a firm resolve to make his village Open defecation free. It was a young boy vis-à-vis an enormous task at hand. But his grit and determination were exponentially greater and mightier. The eight year old is speech impaired, but he used a whistle as an armament. He would wake up at 5 in the morning, visit households one by one, awaken them and used gesticulations to wean them away from Open defecation. Covering 30 to 40 homes everyday, spreading the message of cleanliness, this boy transformed the village into Open defecation free. Promoting the virtues of cleanliness, this little lad has done inspiring work. This proves that cleanliness suffers from no barriers of age; there are no boundaries. A child or an elderly person, a woman or a man, everyone needs cleanliness. And everyone should contribute towards the cause of cleanliness. Our Divyang brothers and sisters are firm in their resolve; they are competent, capable, courageous and determined.

We get to learn something or the other every moment. They are performing well in every walk of life. Whether it be the field of sports, any kind of competition or a social initiative, our Divyang brethren are second to none. You must

be aware that our Divyang sportspersons won 4 medals in the Rio Olympics through their stellar performances. They also emerged champions in the T-20 Cricket World Cup for the Visually Challenged. Myriad competitions take place all over the country. Recently, the 17th National Para-Swimming Competition was held in Udaipur. Divyang brothers & sisters from different parts of the country participated & displayed their stellar skills. One of them happens to be 19 year old Jigar Thakkar from Gujarat, whose body suffers from 80% muscle atrophy.

Just look at his fortitude, resolve & perseverance. Despite his 80% muscle atrophy, the 19 year old Jigar Thakkar won 11 medals in the National Para Swimming Competition. It is on account of this feat that he has been chosen as one of the 32 Para Swimmers for the 20-20 Paralympics by the Sports Authority of India. They will be imparted training at the Centre for excellence at Gandhinagar in Gujarat. I salute the spirit of the young Jigar Thakkar & wish him the best. These days special emphasis is being laid on accessibilities & opportunities for persons with disabilities, our Divyang brethren. Our endeavour is to ensure that each & every person in the country is empowered. Let the essence of 'Sama' & 'Mama', that is a confluence of collective & the individual, foster a sense of syncretic harmony in our society; let us move forward with each other, together.

A few days from now, the pious occasion of Id-e-milad-un-nabi will be observed. Paighambar Hazrat Mohammad Sahab was born on this day. I extend best wishes to all countrymen. And I hope that this holy occasion of Id gives us new inspiration, fresh energy and the strength to resolve anew, to foster peace & communal amity.

(Phone call)

'Hello Mr. Prime Minister, I am Neerja Singh calling from Kanpur. I request you that out of the entire gamut of your thoughts reflected during the programme 'Mann Ki Baat' throughout the year, if you could share ten of your best thoughts, so that we all remember these opinions and we get to learn something from them. Thank you

(End of phone call)

You are quite right that 2017 is near completion, and the year 2018 is knocking on the door. And you have given some sound advice. But continuing from your point of view I feel like adding something more to it and modifying it a bit. And as in our villages, our elders, the old people of the village are always reminding us - forget the sorrow but also do not forget the joy. You too forget your sorrow and also do not forget the joy. I think we should propagate this wisdom. We must usher in the auspicious in 2018, enter the New Year with the resolution of the auspicious

We know that in our part of the world, and probably all around the world around the ending of the year we take a stock, contemplate, and draw plans for the next year. In our media many interesting events of the year gone by are broadcast again to reflect on the previous year. The previous year is both a mixture of both positive and negative memories. But don't you think that we should enter into the year 2018, remembering the positive events, to do some good?

I suggest to all of you that of all the 5-10 positive things that you might have heard, seen or would have had experienced were to be disseminated, so that other people would get to know of them and this would lead to a spirit of benevolence. Can we not contribute in this endeavour? Can't we share 5 of our positive life experiences of the past year?

Whether they be conveyed through photographs, in the form of a small story, or as a small video, I invite all of you to welcome the year 2018 in a benefic atmosphere, with positive memories, with positive thinking and with positive tidings.

Come, let us share our positive experiences with #PositiveIndia (Hashtag Positive India) on the Narendra Modi App or MyGov portal. Remember to recollect the incidents that inspire others. If you remember positive events, then you will be in a mood to do good around you. Positive events provide energy to do good. Positive thoughts beget positive resolve, positive resolve takes you forward towards auspicious results.

Let all of us together witness the strength of this collective momentum and its impact. And I will definitely share the positive thoughts that arrive on #positiveindia (hashtag positive India) with the rest of our denizens in the next episode of 'Mann Ki Baat.'

My dear countrymen, I will be back amidst you next month, with another episode of 'Mann Ki Baat.' We will have another opportunity to talk a lot. Many - Many thanks!

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

31st December 2017

My dear countrymen, Namaskar. This is the last edition of 'Mann Ki Baat' this year and it's a coincidence that this day happens to be the last day of the year of 2017. You and I shared many thoughts and ideas the entire year. Your steady stream of letters to 'Mann Ki Baat', your comments, this exchange between minds always infuses new energy in me. A few hours later, the year will change, but this sequence of our conversation will go on, just the way it is. We will renew this exchange of thoughts on newer topics in the year to come, we'll share new experiences. Heartiest New Year greetings to all of you. Over the last few days, the festival of Christmas was celebrated across the world with gaiety and fervor. People in India too celebrated Christmas with warmth and cheer. The pious occasion of Christmas reminds us of the great teachings of Jesus Christ who laid much emphasis on the spirit of service, 'Sewa bhaav'. The essence of the spirit of service can be felt in the Bible too.

The Son of Man has come, not to be served

But to serve'

And to give his life, as blessing

To all humankind.

This conveys the immense significance attached to the sanctity of service. Be it any religion, caste or creed, tradition or colour in this world; the spirit of service is an invaluable hallmark of the highest human values. In our country we refer to 'NishKaam Karma', selfless deeds, meaning a service done without any expectations. It is mentioned in our land 'Sewa Parmo Dharmah'… service is the noblest way of life, 'Jeev Seva hi Shiv Seva'… Service to living beings is service to god. Gurudev Ramkrishna Paramhans used to cite, 'serve living beings as if worshipping the almighty. The inference is that the world over, these are shared, common human values. Come, let us remember great men & their ideals; let us be reminded of the essence of holy occasions; let us infuse a new awakening, a new drive into our great value system. Let us try & live, abiding by them.

My dear countrymen, this year was also the 350th 'Prakash Parv' of Guru Gobind Singh ji. The illustrious life of Guru Gobind Singh ji, full of instances of courage & sacrifice is a source of inspiration to all of us. Guru Gobind Singh ji preached the virtues of sublime human values and at the same time, practiced them in his own life in letter & spirit. A guru, a poet, a philosopher, a great warrior, Guru Gobind Singh ji, in all these roles, performed the great task of inspiring people. He fought against oppression & injustice. His teachings to people focused on breaking the cordons of caste and religion. In this endeavour, he stood to lose a lot on his personal front. But he never let antagonism raise its ugly head in his path. In every moment of his life, the message of love, sacrifice & peace was palpable. His personality was filled to the brim with the greatest of virtues. I'm fortunate that at the beginning

of this year, I got an opportunity to participate in the 350th birth anniversary celebration organized at Patna Sahib. Come, let us all resolve to imbibe & abide by lessons from his great teachings & exemplary life and mould our own life in accordance with them.

The 1st of January, 2018, i.e. tomorrow, in my view, is a special day. You'll be surprised, since the New Year comes every year, the 1st of January arrives every year! But, when I refer to it as special, I really mean it as special. People born in the year 2000 or later; those born in the 21st century will gradually begin to become eligible voters from the 1st of January, 2018. The Indian Democracy welcomes the voters of the 21st century, the 'New India Voters'. I congratulate our youth & urge them to register themselves as voters. The entire nation is eager to welcome you as voters of the 21st century. As voters of this century, you too must be feeling proud. Your vote will prove to be the bedrock of New India. The power of the vote is the greatest strength of a democracy. The vote is the most effective tool in bringing about a positive change in the lives of millions of people. And it's not just about you acquiring the right to Vote. It's about you determining & deciding the course of the nation in the 21st century, your dreams in the India of the 21st century. You too can be the makers of 21st century India and this opportunity comes into being, very specially, on the 1st of January. And today, in this edition of Mann Ki Baat, I wish to speak to our successful young men & women between 18 & 25, all infused with energy and resolve.

I consider them 'New India Youth', 'New India Youth' stands for aspirations, enthusiasm & energy. I firmly believe that the dream of our 'New India' will be realized through the skill & fortitude of these energetic youth.

When we talk of new India then that new India will be free from the poison of casteism, communalism, terrorism and corruption; free from filth and poverty. In the New India everyone will have equal opportunity and aspirations and wishes of everyone will be fulfilled. New India will be a place where peace, unity and amity will be our guiding force. My New India Youth should come forward and deliberate on how this New India would be formed. One should decide one's own path and also decide a way for connecting along those attached to one and the Caravan should get going. You should move forward and thus should the country move ahead. Right now, while taking to you I got an idea whether we could organize a mock parliament in every district of India? Where the youth between 18 and 25 could sit together and brain storm about new India, find ways and chalk our plans. How could we realize our resolves before 2022? How could we build an India of the dreams of our freedom fighters? Mahatma Gandhi had transformed the freedom movement into a mass movement. My young friends, the need of the hour is that we build up a mass movement for making a magnificent- glorious 21st century India; a mass movement of development, a mass movement to build a capable and strong India.

I propose that a mock Parliament be organized around 15th August in Delhi comprising one young person selected from each district who would participate and deliberate on how a new India could be formed in the next five years. How can resolve be transformed into reality? Today, a lot of new opportunities have been created for the youth. Our youth are coming forward in areas like skill development, innovation and entrepreneurship and are achieving success. I wish that the New India Youth get information and details of all these new opportunities and plans at one place and a system be

created so that every young person on turning 18 should automatically get to know all this and benefit from it.

My dear countrymen, I had talked about positivity during the previous episode of Mann Ki Baat. I am being reminded of one Sanskrit Shloka-

Utsaaho balwaanarya, Naastyutsaahaatparam balam |

Sotsaahasya cha lokeshu na kinchidapi durlabham ||

This means that a man full of enthusiasm is very strong since there is nothing more powerful than zest. Nothing is impossible for a man having positivity and zeal. In English too, it is said, 'Pessimism leads to weakness, optimism to power'. During the previous episode of Mann Ki Baat, I had appealed to the countrymen to share their positive moments of 2017 and to welcome 2018 in a positive atmosphere.

I am very glad that a large number of people gave positive responses on social media platform, MyGov and the Narendra Modi App and shared their experiences. Lakhs of tweets were posted on Positive India hashtag (#), which reached out to more than nearly 150 crore people. In a way, a wave of positivity which emanated from India spread all over the world. All tweets and responses received were really inspiring. It was indeed a delightful experience. Some countrymen shared those incidents of this year which left a special impact on their minds, a very positive one at that. Some people even shared their personal achievements.

SOUND BITE

My name is Meenu Bhatia. I reside in Mayur Vihar, Pocket-1, Phase- I, Delhi. My daughter wanted to do M.B.A. I needed to take a bank loan which I got very easily and my daughter was able to continue her studies.

My name is Jyoti Rajendra Waade. I am speaking from Bodal. One rupee per month was being deducted towards insurance premium which my husband had subscribed to. He died in an accident. Only we know of the situation we faced at that time. Assistance from the government helped us a lot and I could gather the strength to stand myself.

My name is Santosh Jadhav. A national highway has been constructed in 2017 through our village Bhinnar. As a result of this, our roads have improved a lot and business there will surely get a boost.

My name is Deepanshu Ahuja. I live in Mohalla Saadatganj, district Saharanpur, Uttar Pradesh. Two actions taken by our Indian soldiers deserve a special mention – one was the Surgical Strike carried out in Pakistan which destroyed launching pads of terrorists and the second was the unique valour displayed by Indian soldiers in Doklam. These are without parallel.

My name is Satish Bewani. We had a problem of water scarcity in our area and we used to depend on an army pipeline for the last forty years. Now an Independent pipeline has been constructed. So, this is our achievement in 2017.

There are a large number of such persons who have brought in positive transformation in the lives of many people through endeavour at their own level. In fact, this is the New India which we are all collectively building. Let us enter into the New Year with such little achievements, begin our New Year and take a concrete steps in the journey from 'Positive India' to 'Progressive India'. When we all talk of positivity, I also feel like sharing one experience. Recently, I came to know about the inspiring story of Anjum Bashir Khan Khattak who is a topper in Kashmir Administrative Service

Examination. He actually extricated himself from the sting of terrorism and hatred and topped in the Kashmir Administrative Examination. You will be surprised to know that terrorists had set his ancestral home on fire in 1990.

Terrorism and violence were so widespread there that his family had to leave their ancestral land and flee from there. For a young child, such an atmosphere of violence could easily create darkness and bitterness in the heart, but Anjum did not let it be so. He never gave up hope. He chose a different path for himself – a path of serving the people. He overcame the adverse situation and scripted his own success story. Today, he has become a source of inspiration not only in Jammu & Kashmir but for the youth of the whole country. Anjum has proved that however adverse the circumstances be, the clouds of despair and disappointment can easily be cleared by taking positive steps.

Just last week, I had a chance of meeting some daughters of Jammu & Kashmir. I was amazed at the spirit that they had, the enthusiasm that was there in their hearts and the dreams they nurtured. I was listening to them on how they wanted to make progress in various facets of life and, how their lives were filled with hope. I talked to them, there was no sign of despair; there was only enthusiasm, optimism, energy, dreams and a sense of resolve. Whatever little time I spent with these daughters, I got inspired myself. These are the strength of our nation, they are my youth, they are the future of my country.

My dear countrymen, whenever there is a reference to famous religious places, not only of India but of the whole world, it is very natural to mention about the Sabrimala temple of Kerala. Millions of devotees come to this world famous temple, seeking blessings of Lord Ayyappa Swami. It

is a huge challenge maintaining cleanliness around such a large religious place where devotees in such huge number come. And especially, since this place is situated in the midst of hills and forests. But, Sabrimala temple in itself is an example to show how this challenge could be converted into a sanskar, a habit and what a tremendous strength public participation has! One police officer P. Vijayan initiated a programme Punyam Poonkavanam and commenced a voluntary campaign of creating awareness on cleanliness. And, he began a tradition that the yatra of devotees will remain incomplete if they do not contribute by performing some physical labour or the other in the cleanliness programme. No one is big or small in this campaign. Every devotee considers doing physical labour in the cleanliness drive as a part of the Lord's worship. Every morning, there is a uniquely pleasant scene of cleanliness here when all devotees join in the drive. However big a celebrity be, or however rich one might be or however high an official be – each one contributes as an ordinary devotee in this Punyan Poonkavanam programme and becomes a part of this cleanliness drive.

There are many such examples before us. This cleanliness drive in Sabrimala and the contribution of Punyan Poonkavanam in this are so immense that each devotee contributes and participates in it.

Here, a strong resolve of maintaining cleanliness also is as important as the strict discipline observed during worship.

My dear countrymen, all of us made a resolve on Bapu's birth anniversary on October 2, 2014 to take forward Bapu's unfinished task of building a 'Clean India' and 'a filth-free India'. Revered Bapu fought for this cause all through his

life and made all out efforts. And, all of us took a resolve that on the 150th birth anniversary of revered Bapu, we shall make some contribution in the direction of making Clean India which he had dreamt of. Efforts in the direction of cleanliness are being widely taken across the whole country. A change can now be seen in the form of public participation in rural and urban areas alike. Cleanliness Survey 2018, the largest in the world, will be conducted from the 4th of January to 10th of March, 2018 to evaluate achievements in cleanliness level of our urban areas. This survey will cover a population of more than 40 crores in more than four thousand cities.

During this survey, the matters to be surveyed include freedom from defecation in the open in cities, collection of garbage, transport facilities to lift garbage, processing of garbage using scientific methods, efforts to usher in behavioural changes, innovative steps taken for capacity building to maintain cleanliness and public participation in this campaign. Separate teams will go to cities for inspection. They will talk to the people there and gather their reactions. They will analyse the use of the Cleanliness App and also about bringing reforms and improvements in various kinds of service centres. It will also be observed whether the cities have created a system wherein cleanliness of cities will became public habit, or the city's habit for that matter. It is not for the government alone to maintain cleanliness. Every citizen and people's organizations have a big responsibility. And I appeal to every citizen to actively participate in the Cleanliness Survey to be undertaken in the coming days. And take the full onus to ensure that your city should not lag behind and your street or mohalla should not look to be wanting. I am very sure that using blue and green dustbins to collect dry and wet garbage respectively must have become your habit by now.

For waste- collection the principle of reduce, reuse and re-cycle is very effective. Now ranking of cities will be done on the basis of this survey- if your city has a population of more than one lakh, ranking will be done on the national level and if the population of your city is less than one lakh than it will be ranked on regional level. Achieving the highest ranking must be your dream and you should put all out efforts in this direction. Be sure that you do not remain lagging behind in the Cleanliness Survey to be conducted from 4th January to 10th March, 2018. This should become the talking point in every city. And all of you must have a dream – 'Our city – our efforts', 'Our progress – country's progress'. Let us all, once again remembering revered Bapu and taking a resolve to build a Clean India, put in our best endeavours.

My dear countrymen, there are a few things which appear small but they have a far reaching impact on our image as a society. Today, in this episode of Mann Ki Baat, I want to share one such thing with you. It has come to our notice that if a Muslim woman wants to go on Haj Pilgrimage, she must have a 'Mehram' or a male guardian, otherwise she cannot travel.

When I first heard about it, I wondered how it could be possible! Who would have drafted such rules? Why this discrimination? And when I went into the depth of the matter I was surprised to find that - even after seventy years of our independence, we were the ones who had imposed these restrictions. For decades, injustice was being rendered to Muslim women but there was no discussion on it. Even in many Islamic countries this practice does not exist. But Muslim women in India did not have this right. And I'm glad that our government paid heed to this matter.

Our Ministry of Minority Affairs issued corrective

measures and we ameliorated this restriction by phasing out a tradition that had been in practice for the past seventy years. Today, Muslim women can perform Haj without 'mahram' or male Guardian and I am happy to note that this time about thirteen hundred Muslim women have applied to perform Haj without 'mahram' and women from different parts of the country from Kerala to North India, have expressed their wish to go for the Haj pilgrimage. I have suggested to the Ministry of Minority Affairs that they should ensure that all women who have applied to travel alone be allowed to perform Haj. Usually there is a lottery system for selection of Haj pilgrims but I would like that single women pilgrims should be excluded from this lottery system and they should be given a chance as a special category. I not only reiterate this wholeheartedly but it is my firm belief that the journey of India's progress has been possible due to women-power and on the basis of their talent and we will continue to march onwards on this path of progress. It should be our constant endeavor that our women also get equal rights and equal opportunities just like men get so that they can proceed simultaneously on the path of progress.

My dear countrymen, 26th January is a historic festival for all of us. But 26th January, 2018, will especially be remembered through the ages. The Republic Day will be celebrated with leaders of all ten ASEAN countries coming to India as Chief Guests.

This time, not one but Ten chief guests would grace the Republic Day. This is unprecedented in India's history. The year 2017 has been special for both ASEAN and India. ASEAN completed its 50 years of formation in 2017 and in 2017 25 years of India's partnership with ASEAN were completed. On 26th January the arrival of great leaders of 10 nations of the world as a unit is a matter of pride for all Indians.

My Dear countrymen, this is the season of festivals, by the way our country is a country of festivals. There is hardly a day which does not have a festival ascribed to it. All of us have just celebrated Christmas and the New Year is on its way. May the New Year bring greater happiness, glad tidings and prosperity for all of you. Let us move forward with all renewed zeal, enthusiasm, fervor and new resolve. The month of January is the period of the northward movement of the Earth on the celestial orbit around sun and in this month Makar-Sankranti is also celebrated. This is a festival linked with nature. Though all of our festivals are associated with nature in one way or the other, but in our country blessed with the bounty of cultural diversity, there are different ways to celebrate this wonderful episode of nature in different forms. Lohdi is celebrated in Punjab and North-India, while UP-Bihar eagerly await for Khichdi and Til-Sankranti. In Rajasthan, it is called Sankrant, Magh-bihu in Assam and Pongal in Tamil Nadu - all these festivals are special in their own right and they have their own importance. All of these festivals are usually celebrated between 13th and 17thJanuary.

These festivals may have different names, but their origins stems from attachment to nature and agriculture. Felicitations to all of you on the occasion of these festivals. And once again, best wishes for the New Year 2018 to all of you.

I Thank you my dear countrymen. We shall converse again in 2018.

Thank you

(The original speech was in Hindi, this is the English rendering.

Original speech remains the authoritative version

28 January, 2018

My dear countrymen, Namaskar. This is the first episode of 'Mann Ki Baat' in the year 2018. Just a couple of days ago, we celebrated our Republic Day festival with gaiety fervour. This is the very first time in history that heads of 10 Nations attended the ceremony.

My dear countrymen, Shriman Prakash Tripathi has written a rather long letter on the Narendra Modi App, urging me to touch upon the subjects he has referred to. He writes, “The 1 st of February is the death anniversary of astronaut Kalpana Chawla. She left us in the Columbia space shuttle mishap, but not without becoming a source of inspiration for millions of young people the world over”. I am thankful to Bhai Prakash ji for beginning his long letter with the sad departure of Kalpana Chawla. It's a matter of sorrow for all of us that we lost Kalpana Chawla at that early age, but her life, her work is a message to young women across the world, especially to those in India, that there are no upper limits for Nari Shakti …. the power of women. If one possesses the will & the determination, a firm resolve to achieve something, nothing is impossible. It's a matter of joy that women in India are taking rapid strides of advancement in all fields, bringing

glory to the Nation.

In our country, respect for women, their status in society and their contribution has proved to be awe inspiring to the entire world, since ancient times. There has been a long tradition of Vidushis… women exponents or women champions. Many Vidushis of India have contributed in composing the verses of the Vedas. Lopamudra, Gargi, Maitreyee…it's a long list of names. Today, we talk about 'Beti Bachao, Beti Padhao', 'save the girl child, educate her'. But centuries ago, it has been mentioned in our ancient texts, in the SkandPuran :

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This means, a daughter is the equivalent of ten sons. The 'Punya' that you earn through ten sons amounts to the same earned through just one daughter. This underscores the importance that has been given to women in our society. And that is why, in our society, women have been accorded the status of 'Shakti'. This woman power binds closely together society as a whole, the family as a whole, on the axis of unity & oneness. Be it the erudition of the Vidushis of the Vedic Period. Lopamudra, Gargi, Maitreyee; be it the learning & devotion of Akka Mahadevi or Meerabai, be it the governance of Ahilyabai Holkar or the valour of Rani Lakshmibai, woman power has always inspired us. They have always brought glory to the Nation.

Shriman Prakash Tripathi has further cited some examples. He writes that the flight of our courageous Defence Minister Nirmala Seetharaman in a Sukhoi 30 fighter plane is inspirational for him. He also refers to INSV Tarini, with an all women crew on board under the command of Vartika Joshi, which is currently circumnavigating the globe. Three braveheart women Bhavna Kanth, Mohana Singh and Avani Chaturvedi have become fighter pilots and are undergoing

training on the Sukhoi- 30. An Air India Boeing jet with an all woman crew led by Kshamata Vajpayee flew from Delhi to San Francisco, USA and back. These are all women achievers. You are absolutely right. Today women are not just advancing in myriad fields; they are leaders. Today there are many sectors where our woman power is playing a pioneering role, establishing milestones. A few days ago, Hon'ble President took an initiative. He met a group of extraordinary women who have achieved something significanty new in their respective fields. Women achievers of our country… the first female Merchant Navy Captain, the first female passenger train driver, the first female fire fighter, the first female Bus Driver, the first woman to set foot on Antarctica, the first woman to reach Mount Everest… 'First Ladies' in every field. Our woman power achieved extraordinary feats, breaking the age old shackles of social mores, creating new records. They proved that through perseverance, grit and a firm resolve, all kinds of obstacles and barriers can be broken & crossed, to chart out an all new path… a path that could act as a beacon of inspiration not just to their contemporaries, but for generations to come. It will infuse afresh energy, newer enthusiasm into them. A book has beencompiled on these women achievers, first ladies, so that, the entire country comes to know about the power of these women and derive inspiration from their life work. This is also available as an e-book on the Narendra Modi Website.

The country's woman power has contributed a lot in the positive transformation being witnessed in our country & society these days. Today, as we speak of women empowerment, I would like to refer to a railway station. You must be wondering what a railway station has got to do with women empowerment. Matunga station in Mumbai is the first station in India which is run by an all woman staff. All departments have women performing duties… the commercial department, Railway Police, Ticket checking, Announcing, Point persons, it's a staff comprising over 40

women. This time, after watching the Republic Day Parade, many people wrote on Twitter and other social media that a major highlight of the parade was the BSF biker contingent comprising women participants. Daredevil stunts performed by them was awe inspiring for our foreign guests. Empowerment is another form of self reliance. Today our Nari Shakti is assuming leadership roles. It is becoming self reliant. By the way, this also reminds me of tribal women of Chattisgarh, who have done something extraordinary and set a remarkable example. When we refer to Adivasi women, a stereotypical image comes to our minds, comprising jungles, pathways in the woods and women carrying kindlewood on their heads.But the woman power of Chattisgarh, the tribal women there broke this stereotype & presented an all new picture of themselves. Dantewada in Chattisgarh is a Maoist infested region. Violence, torture, explosives, guns, pistols… the Maoists have created a scary reign of terror. In this dangerous atmosphere, Adivasi women are becoming self reliant by driving e-rickshaws. In a short span of time, a umber of women have become part of this phenomenon. This has three benefits- on the one hand self-employment has empowered them; on the other, the Maoist infested region is witnessing a transformation. And simultaneously as a consequence, it is strengthening efforts towards protecting the environment. I laud the efforts of the District Administration which has played a significant role in the successful endeavour of these women by ensuring availability of grants imparting training to them.

Time and again we keep hearing people utter 'There is something special that we as a people possess… no threat is big enough to annihilate our existence'. What is that 'Special Something'? That 'Something' is flexibility, the ability of transformation. Leaving out things that are beyond the constraints of time and accepting betterment in things wherever necessary. And this is a salient feature of our society… relentless efforts towards self-improvement, self

correction. We have inherited this Indian tradition as a cultural legacy. The benchmark of any living society is its self correcting mechanism. In our country, there have been unending endeavours against social ills and evil practices, both individually & collectively. Just a while ago, Bihar launched an interesting initiative. In order to uproot social ills in the state, the world's longest human chain spanning over thirteen thousand kilometers was formed.

This campaign made people aware of social maladies such as child-marriage and the dowry system. The entire state thus resolved to fight against these social evils. Children, the elderly, the youth full of energy and enthusiasm, women, girls turned out to participate in this battle. The human chain that commenced formation from Gandhi Maidan in Patna gained momentum, touching the state borders. In order to ensure that the fruits of progress rightly reach all sections of society, it is imperative that our society is freed of these ills. Come, let us pledge to come together to wipe out these evil customs from our social fabric… let us build an empowered, capable New India. I appreciate the people of Bihar, the Chief Minister, the administration, in fact every member of the human chain for this massive, special initiative towards social welfare.

My dear countrymen, Shriman Darshan from Mysore, Karnataka has written on My gov. He was undergoing an expenditure of six thousand rupees a month on medicines alone for the treatment of his father. Earlier, he wasn't aware of the Pradhan Mantri Jan Aushadhi Yojana. But now that he's come to know of the Jan Aushadhi Kendra, he has begun purchasing medicines from there and his expenses have been reduced by about 75%. He has expressed his wish that I mention this in 'Mann Ki Baat', so that it reaches the maximum number of people and they can benefit from it. Over some time lately, many have written on this subject; many of them have been telling me about it. I too have seen videos put up on social media by beneficiaries of this scheme.

It is a matter of joy learning about happenings like these. It gives you inner satisfaction. I felt good to see Shriman Darshan ji think about sharing with others what he gained from it. The motive behind this scheme is making healthcare affordable and encouraging Ease of Living. Medicines available at the Jan Aushadhi Centres are 50% to 90% cheaper than branded drugs available in the market. This is great help for the common man, especially for senior citizens who require medicines on a daily basis and results in a lot of savings. Generic medicines sold under this scheme strictly conform to prescribed standards set by the World Health Organisation. That is why good quality medicines are made available at affordable prices. Today, over three thousand Jan AushadhiKendras have been set up across the country. This has led to not only availability of cheaper medicines, but also new employment opportunities for individual entrepreneurs. Affordable medicines are now available at 'Amrit Stores' at Pradhan Mantri Bharatiya Jan Aushadhi Centres & at hospitals. The sole aim behind this step is ensuring availability of Quality & affordable health service to the poorest of the poor, so that a healthy & prosperous India comes into being.

My dear countrymen, Shri Mangesh from Maharashtra has shared a photo on the Narendra Modi Mobile App. It was such a striking photo that my attention was magnetically drawn towards. The photo showed that a grandson was participating in the Clean Morna River along with his grandfather. I came to know that the citizens of Akola had organized a cleanliness campaign to clean the Morna river under the Swachh Bharat Abhiyan The Morna river was a perennial river flowing throughout the twelve months of the year but now it has become seasonal. The second painful fact was that the river was completely filled with wild grass and hyacinth. A lot of garbage was being dumped into the river and along its banks. An action plan was chalked out and on January 13 th a day before Makar-Sankranti, in the first phase

of Mission Clean Morna sanitation of the two sides of the bank of the Morna river at fourteen places spread over an area of four kilometers, was carried out.

This noble and grand task named Mission Clean Morna involved more than six thousand denizens of Akola, more than 100 NGOs, Colleges, Students, children, the elderly, mothers, sisters, almost everybody participated in this task. On January 20 th , 2018, this Sanitation Campaign continued in the same vein and I've been told that this campaign will continue every Saturday morning till the Morna river is completely cleaned. Mission Clean Morna shows that if a person is determined to do something, then nothing is impossible. Huge social reforms can be brought about through mass movements. I congratulate the people of Akola, the district and the municipal corporation's administration, all the citizens who were associated with this mass movement, I laud your efforts which are not only very much appreciated but this will inspire the other citizens of the country.

My dear countrymen, these days you must be hearing a lot about the Padma Awards. These awards also attract attention innewspapers and television also. But if you scrutinize, then you will be proud of the fact that there many loftier personalities amidst us and you will naturally be proud of the very fact that today the common man is being cited for Padma awards without any recommendations. There was a certain methodology of awarding Padma Awards every year, but this entire process has been changed for the past three years. Now any citizen can nominate any person in our country. Transparency has been brought about in the entire process by making it operable online. In a way, the selection of these awards has been transformed completely. You may have noticed that many ordinary people not visible in big cities, in newspapers or on TV are being awarded with Padma citations. Now the identity of the awardee is not the deciding

factor of the award, rather the importance of his work is increasing. You must have heard the name of Arvind Gupta ji. It will gladden your heart to know, that Arvind ji, a student of IIT Kanpur, spent all his life creating toys for children. He has been making toys from garbage for over four decades so that children can increase their curiosity towards science.

He has been trying to get children inspired to conduct scientific experiments using waste; towards this end he has been encouraging children by showing them films made in 18 languages in three thousand schools across the country. What a wonderful life, what a dedicated mission! A similar story is that of SitavaaJodatti from Karnataka. She has not been hailed as Goddess of women empowerment just for nothing! For the past three decades, in Belagavi, she has made a great contribution towards changing the lives of countless women. At the age of seven she had dedicated herself as a Devadasi but in a turnaround, for the welfare of the Devdasis, she has spent her entire life. Not only this, she has done unprecedented work for the welfare of Dalit women too. You must have heard the name of BhajjuShyam of Madhya Pradesh, Shri BhajjuShyam was born in a very poor tribal family. He was employed in a small job for eking out his living, but he was also fond of painting in the traditional tribal art form. Today, due to this hobby, he garnered respect not only in India but the entire world. He has exhibited his paintings in many countries like Netherlands, Germany, England and Italy. The talent of BhajjuShyam ji, who made India proud in many nations abroad, was also recognized and he was awarded the Padma Shri.

You will be pleasantly surprised listening to the story of Keralas tribal lady Lakshmikutti. Laxmikutty is a teacher in Kallar and still resides in a hut made of palm leaves in a tribal tract amidst dense forests. She has created five hundred herbal medicines relying solely on her memory. She has

mastery in synthesizing medicines used for treatment of snake bites. Lakshmi Ji is continuously serving society with her knowledge of herbal medicines. Identifying her anonymous persona, she has been honoured with the Padma Shri for her contribution to society. I would like to mention another name today, that of 75 year old SubhasiniMistri, hailing from West Bengal, who was selected for the award. SubhasiniMistri is a woman who, in order to construct a hospital, cleaned utensils in the homes of others and also sold vegetables. At the age of 23 she lost her husband due to lack of proper treatment, and this incident inspired her to build a hospital for the poor. Today, thousands of poor people are treated free of cost in this hospital that has come up through hard-work. I am convinced that there are many men and women in our land filled with gems, Bahuratna-Vasundhara, many gifted women and men who remain faceless or unknown.The failure to identify such people is also a loss to the society, the Padma awards are only a medium of acknowledgement, but I would also like to tell the countrymen that people serving the society around us, people giving up all that they have got for the sake of society, millions of people who have worked for a life time for us bestowed with one or the other useful attribute should be acknowledged in our midst. They do not labour for any honor, but their work inspires us. These people should be invited to schools and colleges to share their experiences. Beyond awards, there should be some more efforts from our society in acknowledging their contribution.

My dear countrymen, we celebrate PravasiBharatiya Divas on January 9 th every year. It was on the 9 th of January, when our revered Mahatma Gandhi returned to India from South Africa. On this day, we celebrate the unbreakable bond that exists between Indians in India and Indians living around the globe. This year we organized a program on PravasiBharatiya Divas, where all MPs and Mayors of Indian

origin were invited. You will be pleased to know that in this programme, Malaysia, New Zealand, Switzerland, Portugal, Mauritius, Fiji, Tanzania, Kenya, Canada, Britain, Surinam, South Africa and America, and many other countries wherever our Mayors or MPs of Indian Origin exist, all of them participated. I am happy that the people of Indian origin who live in different countries continue to serve those countries and at the same time they have maintained their strong relationship with India as well

This time, the European Union, has sent me a calendar, in which they have displayed the contributions by Indians in various fields of life living in different countries of Europe; whether working in the field of cyber security, or dedicated to Ayurveda, entertaining the society through music, or through poetry; someone researching on climate change or working on ancient Indian texts, someone driving a truck for livelihood, who went on to construct a Gurudwara or has built a mosque – wherever our people are, they have in their own way embellished or adorned the land of their adoption. I would thus like to thank the European Union, for recognizing the people of Indian origin and through them in making people in India and people the world over aware of their exemplary work.

The 30 th of January is the death anniversary of our revered Bapu, who showed us a new path. On that day we also observe martyrs day in solemn memory of the great martyrs who sacrificed their lives for the defense of the country and pay our homage at 11 in the morning. The path of peace and non-violence, is the path of Bapu and this is applicable not only for India or the world, but also for a person or a family or a society. The ideals which Bapu practiced in his life, things that he imparted are relevant even today. They were not just mere theories. At present we witness at every step how accurate Bapus words were. What can be a bigger tribute than

taking a vow that we shall tread the path of Bapu – and walk, as far as possible?

My dear countrymen, with my best wishes to all of you for 2018, my speech draws to a close. Thank you very much.

Namaskar.

25 February, 2018

My dear countrymen, Namaskar.

Let us begin today's Mann Ki Baat with a phone call.

Phone Call…

Thank you very much for your phone call. My young friends have asked me many questions related to Science; they keep writing on quite a few points. All of us have seen that the sea appears blue, but we know from routine life experiences that water has no colour at all. Have we ever thought why water acquires colour in rivers and seas? The same thought occurred to a young man in the 1920s. The same question gave rise to a great scientist of modern India. When we talk about Science, the first name that strikes us is that of Bharat Ratna Sir C.V.Raman. He was awarded the Nobel Prize for his outstanding work on light scattering. One of his discoveries is famous as the Raman Effect.

We celebrate the 28th of February as National Science Day since on this very day, he is said to have discovered the phenomenon of light scattering, for which the Nobel Prize was conferred upon him. This land has given birth to many a great scientist. On the one hand, there has been a tradition of

great Mathematicians like Bodhayan, Bhaskar, Brahmagupt and Aryabhatt; on the other, in the field of medicine, Sushrut&Charak have bestowed upon us a place of pride. Right from Sir Jagdish Chandra Bose and Hargobind Khurana to Satyendranath Bose have brought laurels to India. The famous particle BOSON has been named after Satyendranath Bose. Recently I got an opportunity to take part in a programme in Mumbai – the inauguration of the Wadhwani Institute for Artificial Intelligence. It was interesting to know about the ongoing miraculous accomplishments in the field of Science. Artificial Intelligence aids in making robots, Bots and other machines meant for specific tasks. Through self learning, machines today can enhance their intelligence to a smarter level. This technology can be harnessed to better the lives of the underprivileged, the marginalized and the needy. In that programme on Artificial Intelligence, I urged the scientific community to deliberate on how Artificial Intelligence could help us make life easier for our divyang brothers & sisters. Can we make better predictions of natural disasters using Artificial Intelligence? Can we use it to provide assistance to farmers on crop yield? Can Artificial Intelligence be used as tool to simplify the outreach of health services and modernize medical treatment?

A few days ago, I got an opportunity to accompany the Prime Minister of Israel to Ahmedabad, Gujarat for the inauguration of 'I create'. There a young person referred to developing a digital instrument that converts the written word into voice. This is to aid those who are incapable of speech to converse normally like any other person. I feel we can harness Artificial Intelligence in many such fields.

Science and Technology are value neutral. They don't possess any value in themselves. Any machine will work the way we want it to. It entirely depends on us what task we want it to perform. Here human objectives assume significance; the

use of Science for the sole purpose of human welfare, with the endeavour to assist human lives touch the greatest heights.

Thomas Alva Edison, the inventor of the light bulb, failed many a time in his experiments. Once, on being asked about it, he quipped, “I have devised ten thousand ways of how NOT to make a light bulb”. What I mean to say is, Edison transformed even his failures into his own strength. Coincidentally, I am fortunate today to be in Auroville, the land, the karmabhoomi of Maharshi Arvind. As a revolutionary, he challenged British rule, fought against them and questioned subjugation. Thus, as a great sage, he questioned every facet of life. Extracting answers, he showed the right path to humanity. The relentless quest to ask questions for knowing the truth is very important. And this is the very essence, the real inspiration behind scientific inventions and discoveries. Never rest till every 'why', 'what' & 'how' are answered. I congratulate our scientists, and all those connected with Science on the occasion of National Science Day. May our young generation be inspired for the quest of truth & knowledge; may they be motivated to serve society through Science. I wish them the best.

Friends, safety in the times of crises, disasters are topics on which many messages keep coming in- people keep writing to me. In a comment posted on Narendra Modi Mobile App, Shriman Ravindra Singh from Pune has referred to occupational safety. He writes that in our country, safety standards at factories and construction sites are not upto the mark. Since the 4th of March is National Safety Day, the Prime Minister should include safety in the Mann Ki Baat programme in order to raise awareness on safety. When we refer to public safety, two aspects are very important- proactiveness and preparedness. Safety is of two kinds – one is safety during disasters and the other is safety in everyday life. If we are not aware of safety in daily life, if we are not able to attain a certain level, it will get extremely difficult

during the time of disasters. We often read signboards on streets bearing lines such as – '? ? ?? ? ??? ?– ? ?? ? ? ?? ? ? – 'Lose alertness – invite mishaps' or '? ? ? ? ? ?? ? ? ?? , ? ?? ?? ? ?? ?? ? ? ? ? ?? ' – 'One mistake can cost you dear- rob you of your joy & smile' or ? ? ? ? ? ? ? ? ? ? ? ?? ? ? ?? ?? ? ?? ? ? ? ?? ? ? ?? ? ? ?? ? ? – 'Don't be in a hurry to leave this world – embrace the culture of safety' or ? ?? ? ? ? ?? ? ? ? ? ? ? ? ? ?

organized workshops on heat wave management as part of a campaign to raise awareness in people. Mass participation led to good results. In 2017, the death toll on account of heat wave remarkably came down to around 220 or so. This proves that if we accord priority to safety, we can actually attain safety. I laud the role played by innumerable individuals, citizens who immediately embark upon rescue and relief operations wherever a disaster strikes. And there are numerous such unnamed, unsung heroes. Our Fire & Rescue services, National Disaster Response Forces Armed Forces, Paramilitary Forces… these brave hearts go beyond the call of duty to help people in distress, often risking their own lives. Organisations like NCC and Scouts are also contributing in this task; they are getting trained too. Recently we have made an attempt to have joint exercise for disaster management between countries on the lines of joint military exercise involving different countries of the world. India has made a pioneering effort – BIMSTEC, Bangladesh, India, Myanmar, Sri Lanka, Thailand, Bhutan & Nepal – a joint disaster management exercise involving these countries was undertaken. It was a novel humanitarian experiment on a large scale. We'll have to turn ourselves into a risk conscious society. In our culture, we often talk of safety of values; we now need to realize the values of safety. We'll have to make it part of our life, our being. In day to day life, during air travel, we must have frequently come across air hostesses giving out a rather longish speech, safety instructions at the beginning of a flight. We must have heard it hundreds of times. But today if one of us is taken inside an aircraft and asked about the location of equipments, say life jackets, and how to use them, I can say for sure that none of us will be able to give the right answer. So, was there a provision for giving our information? Yes, there was. Was there a scope of direct visibility when the information was given? Of course there was. But we did not respond actively. WHY? Because by nature, we are not conscious. And that is why our ears hear when we sit in the

aircraft, but no one realizes that 'these instructions are for me'. We experience this in all walks of life. Let us not think that safety is only meant for someone else. If all of us become conscious and aware of our own safety, the essence of safety of society will be inbuilt.

My dear countrymen, in the current budget, emphasis has been laid on turning 'waste to wealth' and 'waste to energy' through Bio gas, under the Swachch Bharat Campaign. An effort was initiated which was named GOBAR-Dhan – Galvanizing Organic Bio Agro Resources. The aim of this GOBAR- DHAN scheme is ensuring cleanliness in villages and generating wealth and energy by converting cattle dung and solid agricultural waste into Compost and Bio Gas. India is home to the highest cattle population in the world, close to 300 million in number, with a daily output of 3 million tonnes of dung. Some European countries and China use animal dung and other Bio-waste to produce energy. But India was lacking full capacity utilization. Under the Swachch Bharat Mission (Rural), we are taking rapid strides in this direction.

A target has been set to use cattle dung, agricultural waste, kitchen waste to produce Bio gas based energy. Under the Gobardhan Scheme our farmer brothers & sisters in rural India will be encouraged to consider dung and other waste not just as a waste but as a source of income. Under the aegis of 'GobarDhanYojana', many benefits will accrue to rural areas. It will be easier to keep the village clean and sanitized, livestock health will improve and farm yields will increase. Biogas generation will increase self-reliance in energy utilized for cooking and lighting. Farmers and cattle herders will be helped in augmenting their income. There will be novel opportunities for newer jobs linked to waste collection, transportation, biogas sales etc. An online trading platform will be created for better implementation of 'Gobar Dhan Yojana', it will connect farmers to buyers so that farmers can get the right price for dung and agricultural waste. I urge

entrepreneurs, especially our sisters residing in rural India, to step forward, and through creation of self-help groups and cooperative societies extract full advantage from this opportunity. I invite you to become part of the movement comprising clean energy and green jobs, to become a part of the initiative to convert waste in your village to wealth and by converting dung into 'Gobardhan.'

My dear countrymen, till date, we have been hearing about the myriad types of festivals – be it music festivals, food festivals, film festivals and many other kinds of festivals. But in a unique endeavor in Raipur, Chhattisgarh, the state's first 'Trash Mahotsav' was organized. The objective behind this festival sponsored by Raipur Municipal Corporation was to generate awareness about cleanliness and the methods using which city's waste can be creatively used and inculcate awareness about various ways to recycle the garbage. A plethora of activities were organized during this festival, which found full participation of students and adults. Different types of artifacts were made utilizing garbage. Many Workshops were organized to inform people on the entire aspects of waste management. Music performances linked to the theme of hygiene were held and art works were created. Raipur inspired various types of such garbage or trash festivals in other districts too. Many individuals taking initiative on their own behalf shared innovative ideas, held discussions, conducted poetry recitals. A festive atmosphere regarding cleanliness got geared up. The way the school children took part in the entire endeavor was amazing. For the innovative manner in which importance of waste management and cleanliness were displayed in this festival, I congratulate the people of Raipur Municipal Corporation, the entire populace of Chhattisgarh, its government and administration.

Every year on March 8, 'International Women's Day' is celebrated. There are many programs that are held in our

country and the world. On this day, women are also felicitated with 'Nari Shakti Puraskar' who have performed exemplary tasks in different sectors in the past. Today the country is moving forward from the path of Women development to women-led development. On this occasion, I remember the words of Swami Vivekananda. He'd said 'The idea of perfect womanhood is perfect independence' – This idea of Swami ji about one hundred and twenty five years ago expresses the contemplation of woman power in Indian culture. Today, it is our duty to ensure the participation of women in every field of life, be it social or economic life, it is our fundamental duty. We are part of a tradition where men were identified due to women-Yashoda-Nandan, Kaushalya-Nandan, Gandhari-Putra, these were identities of a son. Today our woman power has shown inner fortitude and self-confidence, has made herself self-reliant. Not only has she advanced herself but has carried forward the country and society to newer heights.

After all, our dream of 'New India' is the one where women are strong and empowered and are equal partners in the development of the country. A few days ago, a gentleman had given me a very sound proposition. He had suggested that on 8th March myriad events herald 'Women's Day' Why cannot we felicitate mothers and sisters who have completed 100 years in every Indian village or city,? Can a program of paying respect for such centenarians be held and cannot we reflect upon a life lived long? I liked the idea and I'm bouncing it with you will find many examples of what woman power can achieve, If you look around near yourself many such inspiring stories will appear. I just received news from Jharkhand wherein under the 'Swachh Bharat Abhiyan', about 1.5 million women in Jharkhand – and this figure is not a small one organized a hygiene campaign for an entire month! Under the auspices of this campaign starting from January 26, 2018, these women constructed 1 lakh 70 thousand toilets in just 20 days and made a record of sorts. There were about one lakh 'Sakhi Mandals,' 14 lakh women, 2 thousand women

Panchayat representatives, 29 thousand water carriers, 10 thousand female cleaners and 50 thousand women masons were involved in this campaign. You can imagine what a mammoth undertaking it was! These women of Jharkhand have shown that women power is an integral component of 'Swachh Bharat Abhiyan', which will change the course of the campaign of cleanliness in general life, the effective role of hygiene in the nature of the people ingeneral.

My dear Brothers and sisters, I was just watching the TV news two days ago that electricity has reached three villages of the Elephanta island after 70 years of independence, and this has led to much joy and enthusiasm among the people there. You all know very well, that Elephanta is located 10 kms by the sea from Mumbai. It is a very important tourist destination. The caves of Elephanta are marked as the World Heritage sites by UNESCO and draw tourists from all over the country and abroad. I was surprised to know that despite being such a prominent center of tourism its close proximity from Mumbai, electricity hadn't reached Elephanta after so many years of independence. For 70 years, the lives of the denizens of three villages of the Elephanta Island, Rajbunder, Morbandar and Centabandar, were engulfed by darkness, which has got dispelled now and there is brightness in their lives. I congratulate the administration and the populace there. I am glad that now the villages of Elephanta and the caves of Elephanta will be lighted due to electrification. This is not just electricity, but a new beginning of a period of development. There is no greater contentment and joy than the fact that the lives of the countrymen be full of shine and there be happiness in their lives.

My dear brothers and sisters, we just celebrated the festival of Shivaratri. And now the month of March beckons us with ripe crops in the fields, playful golden earrings of wheat and the captivating blossom of mango pleasing to the mind are the highlights of this month. But this month is also

very special to all of us because of the festival of Holi. On 2nd March the entire country immersed in joy will celebrate the festival of Holi. In The festival of Holi, the importance of colors is as important as the ceremony of 'HolikaDahan' because it is the day when we burn our inherent vices in the fire. Holi makes us forget our rancours and gives us an opportunity to be a part of each other's happiness and glad tidings, and it conveys the message of love, unity and brotherhood. I wish a very joyous festival of Holi to all my countrymen, I further wish you colour laden felicitations. I wish and hope that this festival forever remains a festival of colourful cheer in the lives of all the countrymen- this is my wish. My dear countrymen, thank you very much

25 March, 2018

My dear countrymen, Namaskar. Today is the holy day of Ram Navami. My heartiest greetings to countrymen on this pious, festive occasion. We have seen how closely the power of 'Ram Naam', the chant of Lord Ram's name, permeated every moment of revered Bapu's life. A while ago, when distinguished dignitaries of all ASEAN Countries were here on the 26th of January, they were accompanied by cultural troupes from their respective countries. And it's a matter of immense pride that a majority of these countries presented the Ramayan in front of us. This signifies that Ram &Ramayan continues to inspire and have a positive impact, not just in India, but in that part of the world too. Once again, my best wishes to all of you on the occasion of Ramnavami.

My dear countrymen, just like every time earlier, I have received a rather large number of letters, e mails, phone calls and comments from you. I read a post written on MyGov by Komal Thakkar ji, where she has referred to starting on-line courses for Sanskrit. Alongwith being IT professional, your love for Sanskrit has gladdened me. I have instructed the concerned department to convey to you efforts being made in this direction. I shall also request listeners of Mann Ki Baat

who are engaged in the field of Sanskrit, to ponder over ways & means to take Komalji's suggestion forward.

Shriman Ghanshyam Kumar ji of Village Baraakar, District Nalanda, Bihar – I read your comments written on the Narendra Modi App. The concerns you have raised on the depleting ground water levels is indeed of great importance.

ShrimanSakalShastriji, you mentioned 'Karnataka'… you beautifully maintained a delicate balance between words when you wrote 'Ayushman Bharat'; 'Long live India' will be possible only when we express 'Ayushman Bhoomi; 'Long live the land'; and that will be conceivable only when we begin feeling concerned about every living being on this land. You have urged one and all to retain and keep aside some water for birds & animals, during summer time. Sakal ji, I have conveyed your sentiments to our listeners.

Shriman Yogesh Bhadresha Ji has asked me to speak to the youth concerning their health. He feels that our youth are physically weak, compared to those of other Asian countries. Yogesh ji, I feel I should speak in detail to all of you on 'Fit India'. In fact, all you young people can come together to launch a movement of Fit India.

Recently, the President of France paid a visit to Kashi, Varanasi based Shriman Prashant Kumar has written that glimpses of that visit were extremely touching, appealing & left a deep impact. And it is his heart felt desire to see all those photos & videos being shared on social media. Prashant ji, the Government of India has already done that on social media and the Narendra Modi App, beginning that very day. You may now like them, re-tweet them, post them to your friends.

Anagha, Jayesh and many other children from Chennai have written & posted to me their heartfelt thoughts on the gratitude cards, the post script to the book 'Exam Warriors'. Let me tell Anagha, Jayesh & other children that these letters enliven me up after a hard day's work. Now, if I start including

all those phone calls, comments, whatever I could read or hear, many of which touched my heart; if I exclusively speak about them, perhaps I'll require a few months to respond to them in some way or the other.

This time, maximum number of letters are from children who have written about exams. They have shared their vacation plans. They've expressed their concern on the availability of water for birds & animals. Our farmer brothers & sisters have written on Kisan Melas, Farmer Carnivals and activities revolving around farming, being held across the country. Quite a few active citizens have sent in suggestions on the subject of water conservation. Ever since we have begun conversing with each other in 'Mann Ki Baat' through the medium of radio, I have noticed a pattern that in the sweltering heat of this season, most letters focus around topic pertaining to summer time. Just before examinations, letter pour in, touching on the anxieties of our young student friends who are about to appear. During the festival season, our festivals, our culture, our traditions are focused upon. This means, Mann Ki Batein, matters close to our hearts, alter with the change in season. And it's equally true that our heartfelt thoughts do bring about a change of season in someone's life, figuratively speaking. And why should not things change? In utterances of yours, in your experiences, in the examples that you quote, there exists immense inspiration, unfathomable energy, unparalleled warmth; a resolve to bring about something new for the country. In a way, this is endowed with the might to transform the entire season-cycle of the country. When I get to read in your letters how a rickshaw puller from Karimgunj in Assam, Ahmed Ali, has built nine schools for underprivileged children, I witness firsthand the indomitable will-power this country possesses. When I heard the story of Kanpur based Dr.Ajit Mohan Choudhary, of how he visits the underprivileged on footpaths and offers free medicines to them, it gives one an opportunity to feel the sense of brotherhood that prevails in the country. Thirteen years ago,

on account of a delay in medical treatment, a Cab driver from Kolkata, SaidulLaskar lost his sister. He vowed to construct a hospital in order to ensure that none of the underprivileged face a similar situation due to lack of medical aid. In this mission of his, Saidul sold off family jewellery and raised funds through charity. His cab passengers too contributed large-heartedly. A young engineer girl donated her first salary for this noble cause. This way, after mobilizing funds for twelve long years, Saidul's mammoth efforts paid rich dividends. Today, through sheer hard work and a firm resolve, a thirty bedded hospital has finally come up at Punri Village near Kolkata. This is the power of New India. In Uttar Pradesh, when a woman builds 125 toilets after overcoming steep challenges, inspiring women to exercise their due rights, it gives us a glimpse of 'Matri- Shakti', the power of maternal love & caring. Innumerable shining examples like these are the hallmark of our country. Today the whole world has changed the way it looks at India. The name 'India' now evokes a sense of awe & respect; the reason behind it is the 'Purusharth', the resolute yet selfless inner strength of such illustrious sons & daughters of Mother India. Today, the entire country, the youth, women, the marginalized, the underprivileged, the middle class, in fact every section has awakened to a new confidence … YES, we can go forward, the country can take great strides. An atmosphere of positivity built on a self confidence filled with hope has pervaded all over. This self confidence, this very positivity will by a catalyst in realising our resolve of New India, of making our dream come true.

My dear countrymen, the coming months are very crucial for our farming brothers and sisters. That is why a large number of letters on agriculture have been received. This time, I requisitioned and viewed videos of discussions with our farmers on DD Kisan Channel of Doordarshan and I feel that each farmer should get connected to this DD Kisan Channel of Doordarshan, view it and adopt those practices in

his/ her own farm. From Mahatma Gandhi to Shastri ji, Lohia ji, Chaudhari Charan Singh ji, Chaudhari Devi Lal ji – they all recognized agriculture and the farmer as vital aspects of the nation's economy and also for the common man's life. How attached was Mahatma Gandhi attached to the soil, they farms and the farmer is reflected from this sentence in which he said- "To forget how to dig earth and to tend the soil, is to forget ourselves. Similarly, Lal Bahadur Shastriji generally insisted on conservation of trees, plants and vegetation and also highlighted the importance of an improvised agricultural infrastructure. Dr. Ram Manohar Lal ji had talked of creating a mass awakening on an extensive scale about the necessary measures to ensure a better income for our farmers and provide better irrigation facilities and to increase food and milk production. Chaudhari Charan Singh in his speech in 1979 had urged our farmers to use new technology and to adopt new innovations and underlined their vital significance. I recently visited the Krishi Unnati Mela organized in New Delhi.

It was a pleasant experience for me to talk to our farmer brothers and sisters and scientists and to listen and understand their experiences in farming and getting to know about innovations in the agricultural sector. But one thing that impressed me most was Meghalaya and the hard work of the farmers of the state. This state has a small area but it has attained a grand success. Our farmers in Meghalaya, in the year 2015-16, achieved record production as compared to the last five years. They have showed that if once the targets are set, spirits are high and with a strong resolve, the set targets can most certainly be attained. Today, the farmers have technology to help them while they work hard in their fields. This has provided a big boost to our agro- producers. I have received a number of letters in which a large number of farmers have written about MSP and they wanted that I should talk to them at length over this.

Brothers and sisters, in this year's budget a big decision has been taken to ensure that farmers get a fair price for their produce. It has been decided that the MSP of notified crops will be fixed at least one and a half times of their cost. If I may elaborate on this, MSP will include labour cost of other workers employed, expenses incurred on own animals and cost of animals and machinery taken on rent, cost of seeds, cost of each type of fertilizer used, irrigation cost, land revenue paid to the State Government, interest paid on working capital, ground rent in case of leased land and not only this but also the cost of labour of the farmer himself or any other person of his family who contributes his or her labour in agricultural work will also be added to the cost of production. Moreover, an extensive exercise on agricultural reforms is being undertaken across the country in order to ensure that our farmers get a fair price for their crop. Efforts are on to connect local village mandis to wholesale market and then on with the global market. Twenty- two thousand rural haats in the country will be upgraded by creating the necessary infrastructure and these will be integrated with APMC and e-NAM platform- so that the farmers would not have to go to distant places for selling their produce. In other words, such a system is being set up where in farms in any part of the country will have a market-connect.

My dear countrymen, this year Mahatma Gandhi's 150th birth anniversary celebrations will begin. How should the country celebrate it? Swachch Bharat is already our resolve; besides this, how can our 125 crore countrymen pay the best tribute to Gandhiji by working in close harmony? Which newer programmes can be initiated? What new practices or procedures can be adopted? I request you all to share your opinions and suggestions with everyone via MyGov. What should be the logo for 'Gandhi 150'? What should be the slogan, mantra or a catch-phrase? Send your suggestions on all of these. We all have to pay a memorable tribute to Bapu and have to take the country to newer heights by drawing

inspiration from Bapu.

Thanks, you have rightly said it and I believe that Swachch Bharat and Swasth Bharat are supplementary to each other. In the health sector the nation has now moved ahead from the conventional approach. Earlier, every aspect regarding health used to be a responsibility of the Health Ministry alone. But now, all departments and ministries- be it the Sanitation Ministry or Ayush Ministry or Ministry of Chemicals & Fertilizers, Consumer Affairs Ministry or the Women & Child Welfare Ministry or even the State Governments- they are all working together for Swasth Bharat and stress is being laid on affordable health alongside preventive health. Preventive health care is the least costly and the easiest one as well. And, the more we become aware about preventive health care, the more beneficial will it be for the individuals, the family and the society. The first necessity for a healthy life is cleanliness. All of us took up the responsibility and the result is that in the last four years or so, sanitation coverage has almost doubled and risen to around 80 percent. Also, extensive work is going on to set up Health Wellness Centres across the country. Yoga has attained worldwide recognition as a measure of preventive health care. Yoga is a guarantee of both fitness and wellness. It is the result of our concerted efforts and commitment that Yoga has now become a mass movement and reached every house. Less than a hundred days are now left for the International Yoga Day on 21st June. On the previous three International Yoga Days, people in our country and people all over the world participated with great zeal and enthusiasm. This time too, we need to ensure that we do yoga ourselves and motivate our family, friends and all others from now itself to do yoga. Yoga has to be made popular among the youth, the senior citizens, men and women from all age groups through interesting ways. Usually, the country's Television and electronic media do a variety of programmes on Yoga the whole year. Can we, beginning now, till the Yoga Day, devise

a campaign to spread awareness on Yoga?

My dear countrymen, I am not a Yoga teacher. But yes, I surely am a Yoga practitioner and yet some people, through their creativity, have made me a Yoga teacher as well and 3-D animated videos of my yoga practice sessions have been prepared. I will share these videos with you so that we may do aasans and pranayam together. Efforts are being extensively undertaken to make health care accessible and affordable, make it easily accessible and affordable for the common man. Presently, more than three thousand Jan AushadhiKendras have been opened across the country and more than eight hundred medicines are being made available there at an affordable price. More such centres are being opened. I appeal to the listeners of 'Mann Ki Baat' to provide this information about Jan AnshadhiKendras to the needy ones – it will cut their expense on medicines. This will be a big help to them. The cost of heart stent for heart patients has been reduced to 85%. Knee implants cost has also been regulated and reduced by 50% to 70%. Under 'Ayushman Bharat Yojana ', the Government of India and insurance companies will jointly provide 5 lakh repees for treatment to about 10 crore families or say 50 crore citizens per year. In the present 479 medical colleges, MBBS seats have been increased to about 68 thousand. New AIIMS are being opened in various states with a view to providing better treatment and health facilities to people across the country. One new medical college will be set up for every three districts. A target has been fixed to make the country TB-free by 2025. This is an enormous task. Your cooperation is needed to create public awareness. All of us will need to make united efforts to become TB-free.

My dear countrymen, April 14 is the birth anniversary of Dr. Baba Saheb Ambedkar. Years ago, Dr. Baba Saheb Ambedkar spoke of India's industrialization. According to him the industry was an effective medium by which jobs could be made available to the poorest of the poor and the

poorer. Today, the campaign of ***Make in India*** is progressing successfully in consonance with Dr.Ambedkarji's dream of India as an industrial super power-that vision of his has become our inspiration today.

Today India has emerged as a bright spot in the global economy and today the highest foreign direct investment or FDI in the world, is flowing to India. The whole world is looking at India as a hub for investment innovation and development. That the development of industries could only be possible in the cities, was the kernel of the idea of Dr. Baba Sahib Ambedkar and that was the reason he banked upon urbanization of India. In continuance with his vision, **smart city mission** and **urban mission**were kick-started in the country so that all kinds of amenities whether good roads, water supply, health facilities, Education or digital connectivity are available in the big cities and small towns of the country.Baba Saheb had strong faith in self-reliance. He did not want anybody to languish in poverty forever. He also believed that poverty cannot be ameliorated by mere distribution of capital among the impoverished. Today our monetary policy, Start Up India, Stand Up India initiative have become seedbed for our young innovators and young entrepreneurs. In the 30s and 40s when only roads and railways were being talked about in India, Baba Saheb Ambedkar mentioned about ports and waterways.It was Dr. Baba Saheb who envisaged water power as 'nation power'. He stressed the utilization of water for the development of the nation The genesis of different river valley authorities, different water related commissions – all these were possible due to the vision of Baba Saheb Ambedkar. Today there are landmark efforts, being embarked upon for waterways and ports in our country. New seaports are being constructed on a number of seaways of India and infrastructure is being strengthened at old ports.

In the era of 40s, while most of the discussions were

centred around the Second World War, the looming Cold war and the partition –it was during those times Dr. Ambedkar had laid the foundation of Team India's spirit in a way. He had talked about the importance of federalism, federal system and stressed on Center and states working together for the upliftment of the country. Today, we have adopted in all aspects of governance the mantra of co-operative federalism and going a step further, we have adopted competitive cooperative federalism but most importantly, Dr. Baba Saheb Ambedkar is an inspiration for millions of people like me, who belong to backward classes.

He showed us that to succeed it is not necessary for the person to be born in an illustrious or rich family, but even those who are born to poor families in India can also dare to dream their dreams and realize those dreams by achieving success. And of course, this is exactly what happened as many people mocked Dr. Baba Saheb Ambedkar, tried to pull him back and made every possible effort to ensure that the son of an impoverished and backward family would not progress in life, be something and succeed in life. But, the picture of New India is altogether different.

It is an India which is Ambedkar's India, of the poor and the backward. On the occasion of the birth anniversary of Dr. Ambedkar from April 14 to May 5 'Gram-Swaraj Abhiyan,' is being organized. Under the aegis of this campaign, separate programmes on village development, poverty amelioration and social justice will be held throughout India. I urge you all to be a part of this campaign.

My dear countrymen, a spectrum of many festivals would dawn upon us in the next few days- Bhagwan Mahavir Jayanti, Hanuman Jayanti, Easter and the Baisakhi. The day of Bhagwan Mahavir's birth anniversary is a day to remember his sacrifice and penance.

The life and philosophy of Lord Mahavirji, the apostle of non-violence will inspire us all. I extend felicitations to all

on the occasion of Mahavir Jayanti. The very mention of Easter reminds us of the inspirational preaching of Lord Jesus Christ which has always impressed on mankind the message of peace, harmony, justice, mercy and compassion. Vaisakhi will be celebrated in Punjab and in parts of western India in April; simultaneously, the twin festive connects of Jud - Sheetal and Satuwain in Bihar, and PoilaVaisakh in West Bengal will envelop everyone with joy and delight. All of these festivals are connected in one way or another to our fields and granaries, and through these festivals, we thank nature for the priceless gifts we receive as produce. Once again, my best wishes to you all on the occasion of the festivals coming our way. Many many thanks.

29 April, 2018

My dear countrymen, Namaskar. Just a while ago, from the 4th of April to the 15th of April, the 21st Commonwealth Games were held in Australia. 71 countries, including India, participated therein. With an event of such scale & magnitude, which saw the participation of thousands of sportspersons from myriad corners of the world, can you imagine the mood that must have pervaded the atmosphere there? An air of excitement, zeal, enthusiasm, hope, aspirations, the determination to achieve – who would want to stay away from an atmosphere like that? These were the times when people all over the country pondered eagerly everyday on the line-up of sportspersons, scheduled for their respective performances. How will India's performance be, what will our medal tally look like? These questions were but natural. Our sportspersons too lived up to the countrymen's expectations and displayed stellar performances, winning one medal after another. Shooting or Wrestling, Table Tennis or Badminton, it was a record performance for India. 26 Gold, 20 Silver, 20 Bronze, India bagged a tally of around 66 medals. This success makes every Indian swell with pride. Of course, winning medals is a moment of joy & glory for a

sportsperson; it is equally so as a festival of laurels for the country & her countrymen. After the conclusion of a match, representing India, when the athletes draped in the tricolor rise, displaying their medals, the notes of the National Anthem being played evoke a sense of joy and fulfillment, glory and honour. This is very, very special in itself. It is a touching moment that fills one's heart with thrill; it is a moment full of zest & warmth. It is a wave of emotions that engulfs all of us simultaneously. Perhaps, to express those sentiments I'll run short of words. But I want to share with you what I heard from these heroes. I feel immensely proud; you too will feel so.

India's performance in the Commonwealth Games was par excellence. At the same time, it was special. Special in the sense that this time there were many pathbreaking 'firsts'. Are you aware that out of the wrestlers who represented India, each one of them returned with a medal? Manika Batra won a medal in each of the events that she competed in. She is the first Indian woman to win a gold in the individual table tennis category too. India clinched the maximum number of medals in shooting. Deepak Lather of Haryana became the youngest Indian Weight-Lifter to win a medal at Commonwealth games. 15 year old Indian shooter Anish Bhanwala became the youngest sportsperson to win a gold for India. Sachin Chowdhary is the sole Indian Para Power Lifter to win a medal at the Commonwealth Games.

This edition of the games was special on one more count- a majority of the medalists was women athletes. In squash, boxing, weightlifting and shooting – the performance of women turned out to be par excellence. The final contest in Badminton took place between two Indian Shuttlers, Saina Nehwal and P.V. Sindhu. Everyone was thrilled for the fact that despite there being competition, the ultimate medal winner had to be India. The whole country watched it with

abated breath. I too enjoyed watching the match. This year, India fared well in Athletics too. Indian sprinters Mohammad Anas & Hema Das missed a medal narrowly, but their record performance has brought glory to the nation. I congratulate them too… my best wishes to them. Athletes who participated in these games hail from various parts of the country, even from smaller towns. They have reached this pinnacle, crossing a great deal of hurdles and hardships. Today, the positions they have secured for themselves, the targets they have achieved, owes a lot to the efforts & contribution of their parents, guardians, coaches, support staff, schools, teachers, the atmosphere provided by their Schools, during this journey in their lives. Even their friends have contributed by boosting their morale under all circumstances. I also congratulate them along with the sportspersons, my good wishes to them. I feel all these athletes have brought laurels to the country with their stellar performances; the fact is, their performances are not mere displays… they are sources of encouragement for upcoming Sportspersons and the young generation of the country alike.

Last month during 'Mann Ki Baat', I had urged our countrymen, especially the youth to espouse 'Fit India'. I had invited everyone to join 'Fit India', lead 'Fit India'. I was overjoyed to see people getting connected to it with a lot of enthusiasm. Expressing support for this, many people have written to me, sent me letters, shared 'fitness mantra- Fit India' stories on social media.

A gentleman Shriman Shashikant Bhonsale, sharing his photo by the swimming pool, has written, 'My weapon is my body, my element is water, my world is swimming'.

RoomaDevnath writes, “I truly feel happy & healthy through my Morning Walks. She further adds,” For me, fitness comes with a smile and we should smile, when we are happy.

Devnathji, indeed, happiness is fitness, and there's no doubt about it.

Dhawal Prajapati, sharing a photograph of himself trekking, has written; 'For me, travelling & trekking is 'Fit India'.

It was heartening to see many eminent personalities encouraging our youth in interesting ways for Fit India. Cine artiste Akshay Kumar has shared a video on Twitter. Even I have gone through it, you too should view it- it shows him exercising with wooden beads. He has mentioned that this exercise benefits muscles of the back and the stomach, to a great extent. Another video of his has gained popularity; in this he's trying his hand on the volleyball with others. Many other young people have shared their experiences, having joined the 'Fit India' efforts. I feel movements like these are beneficial for all of us, for the entire country. I would additionally like to mention, that the movement of 'Fit India', without any expense, is called 'YOG'. Yog has a special significance in the 'Fit India' campaign. You too must be busy with preparations… the significance, the merit of 21st June, International Yog Day has been accepted & welcomed globally. Do begin preparing for the Day rightaway. And not just yourself- your city, village, neighbourhood, school, college, men, women, everyone should make an attempt to connect with yog. Nowadays, the benefits of yog in one's holistic physical & mental development does not need to be told… neither in India nor elsewhere in the world. You must have viewed an animated video depicting me, that has been widely circulated. I congratulate those from the field of animation for highlighting nuances, just the way a teacher does. You too will benefit from it.

My young friends, you now must be out of the tread mill of exams, exams & more exams; you must be wondering about spending your holidays. You must be contemplating on

ways to enjoy your vacations and places to travel to! I would like to talk to you today, to invite you on a new task. I've seen a lot of young people these days, spending time in learning new things. The significance of Summer Internship is soaring; as it is, an altogether new experience in itself. One gets an opportunity to experience life anew, away from closeted walls, away from paper & pen and computers. Dear young friends, today I urge you to undergo a special internship. Three Ministries of the Government of India; maybe four- Sports, HRD, Department of Drinking water have come together to launch a 'Swachch Bharat Summer Internship 2018'. College students, young people from the NCC and Nehru Yuva Kendra, whoever want to do something substantial & learn something for the sake of society, & the country, those who want to get connected with transforming the country and be a reason for it, those who want to do something or the other for society with a positive energy- for them, there is a great opportunity! Even the cause of the cleanliness campaign will get a boost, and when we celebrate the 150th birth anniversary of Mahatma Gandhi, we'll surely attain a sense of fulfillment. And let me tell you, the best out of the best interns who have strived in schools & colleges with excellent work will be rewarded with recognition at the national level. Not just that, those interns who accomplish their tasks well, will be awarded two credit points each, by the UGC. Once again, I invite students & young people, boys & girls to avail of the benefits of the internship. You can register yourselves for the 'Swachch Bharat Summer Internship' on Mygov. I hope our youth will lend a hand in taking this movement of cleanliness forward. I too am eager to know more about your efforts. Do send in your learning experience, do post your stories, photos and videos. Come. Let us turn this vacation into a learning opportunity, for a totally new experience.

My dear countrymen! I try to watch “Good News India”

programme on Doordarshan whenever I get a chance and I would appeal to my countrymen that we all should also watch this "Good News India" programme wherein we get to know as to how many people in various parts of our country are doing many good things and that such good things are happening.

Recently, I saw that they were presenting the story of some youth from Delhi who are selflessly working in a dedicated manner to help in educating the poor children. This group of youngsters has started a big campaign in Delhi for providing education to the street children and slum dwellers. Initially, shocked to see the condition of children begging around or doing some menial jobs that this group of youngsters got dedicatedly, selflessly involved into this creative mission. Starting with just 15 children from the slums near Geeta Colony in New Delhi it is now being run at 12 places and two thousand children have been brought under its fold. Young teachers associated with this campaign find out a free time of two hours from their busy schedule and contribute in this stupendous mission of bringing out a social transformation.

Dear brothers and sisters, in this very way, some farmers from hilly areas of Uttarakhand have become a source of inspiration for the farmers across the country. With their collective efforts, they have not only changed their own fortunes but have changed fortunes of the whole region. In Bageshwar in Uttarakhand, main crops sown are Mandwa, Chaulai, Corn or Barley. This being a hilly area, the farmers did not get a fair price of their produce. But, the farmers in Kapkot tehsil decided to come out of this situation and adopted a value- addition process and changed the loss incurring equation into a profit-earning one. What they did was that they started production of biscuits from their agricultural produce and sold those biscuits directly in the

market. Consequently, Chaulai which the farmers were forced to sell at Rs. 25 per Kg was now selling at Rs. 50 per Kg as biscuits.

Besides, there is a strong belief that the land in this area is iron-rich and these iron rich biscuits are very good for pregnant women as they overcome the deficiency of iron. These farmers have formed a cooperative society in Munar village and set-up a biscuit factory there. Impressed by the bold initiative of these farmers, the administration has also linked this to the National Livelihood Mission. These biscuits are now being supplied uptoAlmora and Kousani besides being sold to about fifty Aanganwadikendras in Bagheshwar district. With the hard work of these farmers, the annual turnover of the society has gone up from 10 to 15 lakh rupees and with more than 900 families getting employment here, people have stopped migrating to other places.

My dear countrymen, we often hear that in, times to come, the world will face a war because of water. Everyone talks about this but do we not have any responsibility towards conservation of water? Do we not feel that water conservation must be a social responsibility? This must be a collective responsibility. How can we conserve each single drop of rain water? And, we all know this. And, water conservation is not a new topic for us; it is neither a part of the academic curriculum nor a part of our languages. Our forefathers have lived this as a way of life for centuries together. They gave due priority and importance to each single drop of water. They found out newer methods in order to conserve every single drop of water. Those of you who might be getting a chance to visit Tamilnadu might have noticed that in some temples in the state, there are carvings on stone depicting irrigation system, water conservation methods and drought management. There are vast stone inscriptions in these temples and devotees get a chance to read these educative

messages. May it be Mannarkovil, Chiran Mahadevi, Kovilpatti or Pudukottai – you will get to see massive stone inscriptions to this effect. Several baodis (stepwells) are famous as tourist spots but please do not forget that these are the living symbols of the water conservation campaigns which our forefathers had accomplished.

Adalaj and Patan Ki RanikiVaav (Baodi) in Gujarat is a UNESCO World Heritage site and its grandeur is to be seen to be believed. Baodis are water temples in a way. If you happen to go to Rajasthan, you must visit Chand Baodi. This is one of the biggest and the most beautiful baodis of India and the point to be noted is that this is situated in a water-scarce area. April, May, June and July is the most suitable time when rain water harvesting can be done and if we make preparations in advance, we can reap a rich harvest. Budget under MNREGA is also utilized for this water conservation activity. During the last three years, everyone in his or her own way has contributed towards water conservation and water management. An average of 32,000 crore rupees have been spent besides the MNREGA budget each year on water conservation and water management. If we talk of 2017-18, 55 percent of the total outlay of Rupees 64 thousand crores, which comes to around rupees 35 thousand crores, has been spent on works like water conservation. In last three years, nearly 150 lakh hectares of land got more benefit through water conservation and water management measures. Some people have really benefitted very well from MNREGA budget provisions made by the Government of India for water conservation and water management works. A project of reviving the rivers which had dried out was undertaken in Kerala. Seven thousand workers under MNREGA worked very hard for seventy days and finally succeeded in reviving Kuttumperoor river there. The Ganges and the Yamuna have plentiful of water but there are many other places in Uttar Pradesh like Fatehpur district where two small rivers namely

Sasur-Khaderi got dried out. After receiving the reports of Remote Sensing Imagery and Inter Department Coordination, the district administration took up the responsibility of soil and water conservation on a massive scale. They succeeded in reviving the dried out SasurKhaderi river with the help and cooperation of people from 40-45 villages of the area. This grand achievement is a big boon for animals, birds, farmers, crops and villages. I emphasis that once again April, May, June and July are before us and we must also take up some responsibility for water harvesting and water conservation, we should also chalk out some schemes, we should also do and show something.

My dear countrymen! When "Mann Ki Baat" approaches I receive messages, letters and phone calls from all sides. Aayan Kumar Banerjee from Devi Tola village of North 24 Parganas in West Bengal in his comment on My Gov has written – "We celebrate Rabindra Jayanti every year but many people are not aware of the Nobel Laureate Rabindra Nath's philosophy of living peacefully, aesthetically and with integrity. Kindly discuss this point in "Mann Ki Baat" programme so that more and more people may get to know about this."

I thank Aayanji for drawing the attention of all listeners of "Mann Ki Baat" towards this point. Gurudev Tagore was a personality full of knowledge and intellect whose writings left an indelible mark on everyone. Rabindra Nath was a personality full of talent, a multi – directional personna but a teacher in his inner self can always be felt. He has written in Gitanjali – " He, who has the knowledge has the responsibility to impart it to the students."

I do not know Bangla but had the habit of rising early since my childhood and in Eastern India, radio broadcasts start early while in Western India these start a bit late. I have a faint memory that probably around 5:30 in the morning,

Rabindra Sangeet used to be broadcast on radio and I had developed a habit to listen to Rabindra Sangeet on radio. And, whenever I got a chance to listen to poems like Anandloke and Aaguner, Poroshmoni, I used to feel as if my mind was being energised. You must also have been impressed by Rabindra Sangeet and his poems. I pay my respectful homage to Rabindra Nath Tagore.

My dear countrymen! Within a few days from now the holy month of Ramazan will dawn upon us. The month of Ramazan is celebrated with full reverence and respect throughout the world. The sociological and collective aspect of fasting is that when a person experiences hunger himself, he comes to realize the hunger of others. When he is thirsty, he realizes the thirst of others. This is an opportunity to remember the teachings of Prophet Muhammad-peace be upon him- and his message. It is our responsibility to follow the path of equality and brotherhood as morals from his life. Once a person asked the Prophet (peace be upon him): "Which is the best thing in Islam?" The Prophet Saab said, "feeding a poor and needy and meeting everyone cordially, whether you know him or not!"

Prophet Mohammad Sahib (peace be upon him) believed in twin principles of knowledge and compassion. He did not possess an iota of ego regarding himself. He preached that knowledge alone defeats ego. Prophet Mohammad Sahib(peace be upon him) believed that if you possessed anything more than your requirement, then donate it to the needy, thus donation or giving alms is important during Ramzan. People donate generously to the needy during this holy month. Prophet Muhammad Sahib believed that a person is rich because of his inherent spirituality, and not materialistic wealth. I wish all the citizens an auspicious month of Ramazan and I hope this opportunity will inspire people to follow the Prophet's message of peace and goodwill.

My dear countrymen! Buddha Purnima is a special day for every Indian. We must be proud of the fact that India is the birthplace of Lord Buddha, the very synonym of power of compassion, service and sacrifice, who guided millions of people around the world. This Buddha Purnima reminds us of all of our obligation to emulate Lord Buddha's teaching as well as, pledge ourselves to follow his footsteps. Lord Buddha was the fountainhead of egalitarianism, peace, harmony and brotherhood. These are human values, which are most desired in the world today. Baba Saheb Dr. Ambedkar stressed that Lord Buddha has been a great inspiration in his social philosophy. Baba Saheb had said –"My Social philosophy may be said to be enshrined in three words; liberty, equality and fraternity. My Philosophy has roots in religion and not in political science. I have derived them from the teaching of my master, The Buddha."

Baba Saheb strengthened the oppressed, exploited, deprived and crores of people standing on the brink of marginalization via the Constitution of India. There cannot be a bigger example of compassion than this. This form of compassion was one of the greatest qualities of Lord Buddha for the alleviation of suffering of the people. The Buddhist monks used to travel to different countries carrying with them the rich ideals of Lord Buddha and this has been occurring throughout the ages. We have inherited the wisdom of Lord Buddha throughout Asia as part of our legacy.

It forges a link between us and many Asian countries like China, Japan, Korea, Thailand, Cambodia, and Myanmar where Buddhist traditions and his preaching are a part of their origins. And this is the very reason that we are developing Infrastructure for Buddhist Tourism, which is going to connect Southeast Asia with the important Buddhist sites of India. I am also very pleased that the Government of India is a partner in the restoration of many Buddhist temples which

also includes the centuries old magnificent Anand Temple in Bagan in Myanmar. Today, when there is confrontation and human suffering prevalent everywhere in the world, Lord Buddha's teachings show the way to rid hatred from the world with compassion. I wish people spread all over the world who revere Lord Buddha and believe in the principles of compassion- I wish all of them an auspicious Buddha Purnima.

I seek benediction from Lord Buddha for the entire world, so that we can fulfill our responsibility in building a peaceful and compassionate world based on his teachings. Today, as we remember Lord Buddha, you must have heard about the idols of laughing Buddha, it is said that laughing Buddha brings one good fortune, but very few people know that smiling Buddha is also associated with an important event in India's defense history. Now you will be wondering what is the connection between smiling Buddha and India's military might?

You must remember, 20 years ago today, on 11th May 1998, the Prime Minister of India, Shri Atal Bihari Vajpayee had said while addressing the nation and his words filled the whole country with pride, courage and elation. The Indian diaspora was infused with new confidence. That day also was the day of Buddha Purnima. On May 11, 1998, at India's western end a nuclear test was conducted in Pokhran, Rajasthan. It has been 20 years since Pokhranand this test was done on Buddha Purnima with the blessings of Lord Buddha. India's test was not only successful but in a way, India had demonstrated its might in the field of science and technology. We can also say 11 May 1988 is engraved in the history of India as a demonstration of her military power.

Lord Buddha has shown the world- that the power of inner strength or that of the soul is necessary for peace. Similarly, when you are sturdy as a nation, you can be at peace

with others. The month of May, 1998 is not just important for the country from the aspect that nuclear tests were conducted this very month, but the manner in which they were carried out is also important. It has revealed to the entire world that India is the land of great scientists and with a strong leadership, India can reach loftier destinations and earn new laurels. On that day, Shri Atal Bihari Vajpayee ji had given the mantra – "Jai-Jawan Jai-Kisan, Jai-Vigyan.'

Now that when we are going to celebrate the 20th anniversary of the Pokhran test conducted on May 11, 1998, I ask the younger generations of our nation to imbibe the mantra of 'Jai-Vigyan' given by Atalji for enhancing the might and the power of India, to build a modern India, a powerful India and a self-reliant India. Synergize your energy with the strength of India. Witnessing the journey that Atal ji started, we while continuing onwards on that very path with a renewed joy will derive great satisfaction in getting ahead.

My dear countrymen, looking forward to our conversation when we will meet for another episode of Mann Ki Baat.

Thank you very much.

27 May, 2018

Namaskar. Through 'Mann Ki Baat', I once again have been blessed with the opportunity to be face-to-face with you. I am sure you distinctly remember that for the last many months, a naval team comprising six women Commanders was on a voyage. I want to tell you something about the 'NaavikaSaagar Parikrama'. These six illustrious daughters of India circumnavigated the globe for over more than 250 days on board the INSV Tarini, returning home on the 21st of May. The entire country welcomed them with open arms, with high spirits. They traversed a multitude of oceans, many a sea, over a distance of almost twenty two thousand nautical miles. This was a first of its kind event in the entire world. Last Wednesday, I got an opportunity to meet these daughters and listen to their experiences. Once again, I congratulate these daughters and their spirit of adventure for bringing laurels to the country, for raising the glory of the Navy and significantly so, for conveying to the world that India's daughters are no less. Who does not know of the sense of adventure? If you view the journey of human evolution, you will notice that breakthroughs in progress have taken birth in the womb of some adventure or the other. There is an umbilical link between development and adventure; the resolve to achieve

something, the burning desire to do something unparalleled, the sentiment proclaiming “I too can do it”. The number of such people may be miniscule, but they turn out to be sources of inspiration for millions of others, spanning an array of eras. Recently, you must have come across quite a few notable happenings pertaining to mountaineers attempting to scale Mount Everest. For centuries, Everest has been throwing the gauntlet at humankind. And for long, brave hearts have been responding to the challenge.

On the 16th of May, a team comprising five tribal students of an Ashram School in Chandrapur, Maharashtra- ManeeshaDhurve, Pramesh Ale, Umakant Madhavi, KavidasKatmode and Vikas Soyam- scaled the world's highest peak. These Ashram School students began training in August, 2017, covering Wardha, Hyderabad, Darjeeling and Leh-Ladakh. These young boys & girls had been selected under 'Mission Shaurya'. True to its name, they brought glory to the country with their brave deed of conquering the Everest. I congratulate these young friends and members of the school in Chandrapur, from the core of my heart. Just a while ago, 16 year old Shivangi Pathak became the youngest Indian woman to scale Everest from the Nepal side. Heartiest congratulations, Beti Shivangi.

Ajit Bajaj and his daughter became the first ever father-daughter duo to ascend Everest. And it's not that only the young are climbing Everest. On the 19th of May, Sangeeta Bahal, aged more than 50, scaled the Everest. There are some mountaineers who have shown that apart from possessing skills, they are sensitive too.

A few days ago, under the 'Clean Ganga Campaign', a group from the BSF Scaled the Everest and while returning, removed loads of trash littered there and brought it down. This deed is commendable indeed; it also displays their commitment towards cleanliness and the environment. People have been ascending the Everest for years & many

have managed to reach the peak successfully. I congratulate these daredevils, especially the daughters from the core of my heart.

My dear countrymen, especially my young friends, just a couple of months ago, when I mentioned 'Fit India', I did not think it would draw such a good response; that a large number of people would come forward to support it. When I say 'Fit India', I believe that the more we play, the more we will inspire the country to come out & play. People are sharing videos of Fitness Challenge on social media; they are tagging each other to spread the challenge. Everybody is now getting connected with this Fit India Campaign. People from the film fraternity, from the world of Sports, common citizens of the country, members of the armed forces, school teachers or even those toiling in fields and farms, their rising notes are building up a crescendo 'Hum Fit toh India Fit'… 'If we are fit, India is fit'. For me, it's heartwarming that the captain of the Indian Cricket team Virat Kohli ji has included me in his challenge… and I too have accepted his challenge. I believe this is gainful and this kind of a challenge will inspire us to be fit alongwith others, as well.

My dear countrymen, many a time in 'Mann Ki Baat', you must have heard me mention a thing or two about sports & sportspersons. And in the last episode, our heroes of the Commonwealth Games shared with us their 'Mann Ki Baat', matters close to their hearts through this programme.

Chhavi Yadav ji, thank you very much for your phone call. It is true that sports & games that were once a part & parcel of every child's life, in every lane in the neighbourhood, are fading into oblivion. These games used to be a special feature of summer holidays. Sometimes in scorching afternoons; at times after dinner, children used to play with exuberant abandon for hours together, leaving all worries behind. Some games saw the participation of the whole family. Aiming the ball at the crooked column of stone

slats- Pitthoo, playing marbles, testing one's agility in Kho kho, spinning the top, Lattoo, or applying skills in swiftly flicking the tapered- edged wooden peg and hitting it aloft- Gilli-Danda, innumerable games were an inseparable part of each & every child's life from Kashmir to Kanyakumari, from Kutch to Kamrup. Of course, those games were known by different names, depending on the place. Pitthoo is one such game. Some called it Lagori, at other places it was Satoriya, SaatPathar, Dikori, Satodiya… one game with many names! Traditional sports and games comprise both varieties… outdoor and indoor as well. The unity, intrinsic to our country's diversity can be witnessed in these games. A single game is known by distinct names at different places. I am from Gujarat. I known of a game played in Gujarat called ChomalIsto. It is played with cowries or tamarind seeds or dice on an eight by eight square board. It used to be played in almost every state. Known as Chowkabara in Karnataka, Attoo in Madhya Pradesh, Pakidakaali in Kerala, Champal in Maharashtra, Daayaam and Thaayaam in Tamilnadu, Changaa Po in Rajasthan, it had innumerable names. One realizes after playing, despite not knowing the language of a particular state, “Oh! We used to play this game in our state as well!” Who amongst us would not have enjoyed playing Gilli-Danda in our childhood? This is a game that is played across villages and cities. It is also known by different names. In Andhra Pradesh it is called Gotibilla or Karrabilla.In Odisha it's called Gulibadi and in Maharashtra, Vittidaaloo. Some games are seasonal. There is a season for flying kites. While flying a kite or playing a game, one freely expresses one's inherent unique qualities. You must have seen many a child, shy by nature, leap up with zest, the moment a game begins. Even children with a seemingly serious countenance start expressing themselves; while playing, the innate child within them comes to the fore. Traditional sports and games are structured in such a manner that along with physical ability, they enhance our logical thinking, concentration,

alertness and energy levels. Games are not just games; they teach us values in life, such as, setting targets, building up determination, developing team spirit and fostering mutual co-operation. I recently noticed in a training programme in Business Management, our traditional sports and games being used for improving overall personality development and interpersonal skills. These games are proving to be handy in overall development. And then, there is no prescribed age limit for participating in them. From tiny tots to Grandfather-Grandmother, when we all play these games together then the term 'Generation Gap' disappears on its own. At the same time, we also come to know about our culture and traditions. Many games also make us aware about our society, environment and other spheres.

It is a matter of concern, whether these sports & games will fade away to the point of extinction. It will not just be a loss of a game; it will be the loss of the spirit of childhood, something that will exist only in the verses of poetry.

Ye daulatbhi le lo
Ye shohratbhi le lo
Bhalechheen lo mujhse meri jawani
Magar mujhkolauta do bachpan ka sawan
Wo kagaz ki kashti, wo baarish ka paani
Take away all my riches
Bereave me of all this fame
Snuff out my youth if you so wish
But do return the monsoon that drenched me as a child
The puddles & my paper boats, the magic of my rains.

And we will be forever reduced to listening to this song, hence we must keep our traditional sports alive.It is crucial that today schools, neighbourhoods and youth congregations should come forward and promote these games. Through crowd sourcing we can create a very large archive of our traditional games. The Videos of these games can be shot, outlining the way to play these games along with the

mandatory rules and regulations.Animation films can also be made so that our young generations for whom these games played in our streets are something to marvel about, can see, play for themselves and thus bloom.

My dear countrymen, on the 5th of June, our nation, India will officially host the World Environment Day Celebrations. This is a very important achievement for India and it is also an acknowledgement as well as recognition of India's growing leadership in the direction of tackling climate change.

This time the theme is 'Beat Plastic Pollution'. I appeal to all of you, that while trying to understand the importance of this theme, we should all ensure that we do not use low grade polythene and low grade plastics and try to curb the negative impact of plastic pollution on our environment, on our wild life and our health. Let us all visit the World Environment Day website 'wed-india 2018' and try to imbibe and inculcate the many interesting suggestions given there into our everyday life.

Whenever we face a torrid summer, or floods, incessant rains or unbearable cold, everybody becomes an expert, analyzing global warming and climate change. But does empty talk bring about any solutions? Being sensitive towards nature, protecting nature, should come naturally to us; these virtues should be embedded in our sanskar.

In the past few weeks, we all witnessed that there were dust storms in the different regions of the country, along with heavy winds and unseasonal heavy rains. There was also loss of life and property. These calamities are basically the result of the change in weather patterns. Our culture, our traditions have never taught us to be at loggerheads with nature.

We have to live in harmony and in synchronicity with nature, we have to stay in touch with nature. Mahatma Gandhi had advocated this wisdom at every step of his life. Today when India speaks of climate justice or plays a major role in

the Cop**21** and Paris agreements or when we unite the whole world through the medium of International Solar Alliance, they all are rooted in fulfilling that very dream of Mahatma Gandhi.

On this environment day, let all of us give it a good thought as to what can we do to make our planet cleaner and greener? How can we progress in this direction? What innovative things can we do? The rainy season is fast approaching; we can set a target of achieving record plantation of trees this time and not only plant trees but also nurture and maintain the saplings till they grow.

My dear countrymen and especially my young friends, you do remember the 21st of June now;not only you and I, June 21st remains a part of the entire world's collective consciousness. The 21st of June has been mandated and is celebrated as the International Yoga Day in the entire world and people start preparing for it months in advance. The news being received these days is that there are preparations afoot in the whole world to celebrate 21st June as International Yoga Day.

Yoga for unity and a harmonious society conveys a message that has permeated the world over. Centuries ago, the great Sanskrit Poet Bhartahari had written in his 'Shataktrayam'.

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[A man whose father is patience, mother is forgiveness and peace as consort, Truth as his friend, compassion as his sister and restraint for brother as family members and whose bed is the great earth, is clothed by the great sky and whose food is only knowledge. Is indeed a Yogi who won't know any fear.]

Thisobservation expressed centuries ago, straightaway implies that practicing yogic exercises on a regular basis leads to imbibing benefic attributes which stand by our side like relatives and friends. The practice of yoga leads to building up of courage, which always protects us like a father. The practice of yoga leads to germination of a sense of forgiveness in the same manner as a mother has for her children and mental peace becomes our permanent friend. Bhartahari has said that with regular yogic exercise, truth becomes our child, mercy becomes our sister, self restraint our brother, earth turns in to our bed and knowledge satiates our hunger. When so many attributes become one's partner, then that yogi conquers all forms of fear. Once again, I appeal to all the citizens to adopt their legacy of yoga and create a healthy, happy and harmonious nation.

My dear countrymen, today is the 27th of May, the death anniversary of the first Prime Minister of India, Pandit Jawaharlal Nehru ji. I render my *pranam* to Pandit ji. Memories of this month are also linked with Veer Savarkar. This was the very month, the month of May 1857, when Indians had displayed their strength against the British. In many parts of the country, our youth and farmers demonstrated their bravery whilst standing up against the injustice. It is indeed sad that we kept on calling the events of 1857 only as a rebellion or a soldiers' mutiny for a very long time.

In fact, May 1857 was not only evaluated as a minor historical incident but was also an attempt to dent our self-respect. It was Veer Savarkar who boldly expostulated by writing that whatever happened in 1857 was not a revolt but was indeed the First War of Independence. Savarkaralong with his band of brave hearts celebrated the 50th anniversary of the First War of Independence with great fanfare at India house in London. It is also an amazing coincidence that the month which witnessed the First Struggle for Independence

was the month in which Veer Savarkar ji was born. Savarkar ji's personality was full of special qualities; he was a worshipper of both weapons or *shashtra* and Knowledge or *shaashtras*.

Generally Veer Savarkar is renowned for his bravery and his struggle against the British Raj. But besides these sterling qualities, he was also a striking poet and a social reformer who always emphasized on goodwill and unity. A wonderful account about Savarkarji has been given by our dear honorable Atal Bihari Vajpayee Ji. Atal ji had said – Savarkar means brilliance, Savarkar means sacrifice, Savarkar means penance, Savarkar means substance, Savarkar means logic, Savarkar means youth, Savarkar means an arrow, and Savarkar means a Sword! Behold! What an accurate depiction of Savarkar by Atal ji! Savarkar marched alongwith both poetry and revolution. Besides being a sensitive poet, he was also a courageous revolutionary.

My dear brothers and sisters, I was watching a story on TV about our underprivileged daughters of certain slums in Sikar, Rajasthan. Our daughters, who were forced to sift through garbage and beg from home to home in order to earn a living – today they are learning sewing and stitching clothes to cover the impoverished. This is an example where the daughters are stitching ordinary to good quality clothes for themselves and other families. Along with this, they are undergoing a training course in skill development.

These daughters have become self-reliant today and are living their lives with respect and have become a strong support to their families. I wish all these daughters, brimming with hope and trust, a very bright future. They have demonstrated that if you have the desire to do something and if you are determined towards that goal then success can be achieved despite all odds! And this is not only about Sikar, but in every corner of India, you will witness something akin to this. If you observe in your neighbourhood, then you will

witness for yourselves how people overcome the difficulties in their lives!

You must have realized that whenever we go to a tea shop, and enjoy tea there, a discussion with some of the customers automatically ensues. These discussions are also political and social in nature, can be about movies, sports and sportspersons or can focus even on the problems of the country – any problem with probable solutions are discussed at length – but often the problems and their solutions remain limited to such animated discussions only.

But there are some people who go ahead with their work, to bring about a change through their hard work and dedication; they make it a reality. Such is the story of D. Prakash Rao, living in the slums of Cuttack, Orissa, who gave up everything of his in order to adopt and realize the dreams of others!Just yesterday I've had the good fortune of meeting D. Prakash Rao.

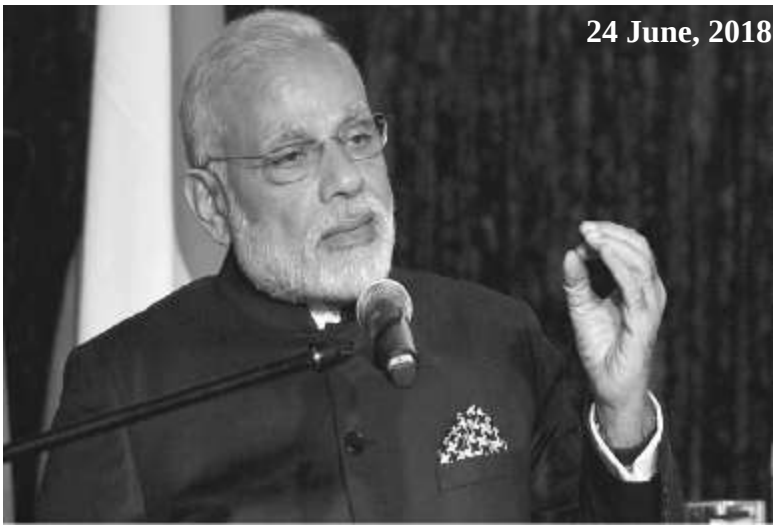
Shriman D. Prakash Rao has been a tea vendor in the city of Cuttack forthe past five decades. A meagre tea vendor; today you will be surprised to know that the lives of more than **70** children are being illuminated through education due to his efforts. He has opened a school named 'Asha Ashvaasan', spending **50%** of his incomefor children living in slums and hutments. He ensures education, health and meals for all the children coming to this school. I congratulate D. Prakash Rao for his hard work, his persistence and for providing a new direction to the lives of those poor children attending his school. He has banished the darkness from their lives.Who amongst us does not know the Vedic shloka 'Tamso Ma Jyotirgamaya'! However, it has been put intopractice by D. Prakash Rao. His life is an inspiration to us, our society and the whole country. Your surroundings too must be full of such inspiring happenings. There must be innumerable incidents. Come, let us take positivity forward.

The month of June is so hot that people anxiously wait

for the rains, gazing towards the sky for the clouds to appear. People will wait for the moon in a few days from now onwards.Witnessing the moon means that the festival of Eid can be celebrated. After an entire month of fasting during Ramzan, the festival of Eid is a harbinger of celebrations.

I hope and believe that everyone will celebrate Eid with gaiety and fervor and on this occasion children will specially get a grand 'Eidi'. I hope that the festival of Eid will further strengthen the bonds of harmony in our society. Heartiest felicitations to all of you. My dear countrymen, many thanks to you all. We shall meet once again in another episode of 'Mann Ki Baat' next month.

Namaskar



Namaskar. My dear countrymen, I'm fortunate once again to be face to face with you in the 'Mann Ki Baat' programme. Just a few days ago, a historic Cricket match took place in Bengaluru. Of course you must have realized that I am referring to the test match between India and Afghanistan. It was Afghanistan's first international match and it's a matter of honour for us that this historic match for Afghanistan was played with India. Both teams performed par excellence. Besides, bowler Rashid Khan had performed exceedingly well in the IPL earlier this year. I remember Afghanistan President Shriman Ashraf Ghani's words on Twitter tagging me along “The people of Afghanistan are extremely, proud of our hero Rashid Khan. I'm also thankful to our Indian friends who created a platform for our players to showcase their skills”. Rashid represents what constitutes the best of Afghanistan. He is an asset to the world of cricket. Then he quipped “No, we are not giving him to anyone!” This match will remain etched in our memories for a long time. Anyway, being the first match, it is naturally memorable, but I will cherish it for a special reason. The Indian team did something that is exemplary to the whole world. What does a winning team do while receiving the trophy? The Indian team, while

receiving the trophy, warmly invited the Afghanistan team which had played its first international match to pose together for photographs. This incident exemplifies the very spirit of sportsmanship. Sports is an excellent route to unite society and to showcase the talents & skills of our youth. I felicitate both the teams of India & Afghanistan. I sincerely hope, that in future too, we'll play with each other with the best sportsman spirit & shine together.

My dear countrymen, this 21st of June, the fourth Yoga Day presented the rarest of sights. The whole world appeared as one entity. In the European Parliament in Brussels, at the UN headquarters in New York, on Japanese naval warships, there were sights of people performing yoga. Saudi Arabia witnessed its first, historic yoga programme and I am told many aasans were demonstrated by women. On the snow capped mountain peaks of Ladakh, Indian and Chinese soldiers performed yoga in unison. Yoga breaks all barriers of borders and unites people. Zealous citizens of hundreds of lands overlooked divisions of caste, religion, region, colour and gender to transform this occasion into a massive festival. If people from the entire world ardently participated in programmes on Yoga Day, why should India not feel elated many times over?

It is a matter of great pride for a hundred & twenty five crore people to witness members of our armed forces perform yoga on land, sea & sky. A section of our brave soldiers did yoga in submarines; some of them chose the snow clad mountainous terrain of Siachen for the same. Our air warriors astounded everyone by performing yogasans in mid sky, some 15 thousand feet above the earth. Spectacular was the fact that they achieved this feat not inside an airplane but while floating mid air. Schools, colleges, offices, parks, skyscrapers, playgrounds came alive- as yoga venues. Heartwarming was an instance in Ahmedabad. Around 750 divyang brothers and sisters assembled at one place to do

yoga and thus created a world record. Yogahas broken barriers of caste, creed and geography to unite the people of the entire world, which is the very essence of the real sentiment innate to VasudhaivaKutumbakam that we have followed in letter and spirit over centuries. Our Rishis, sages and saints have laid emphasis on certain tenets; yoga has proved them in a concrete manner. I believe that the concept of wellness today is bringing about a revolution. I hope the campaign of wellness through yoga will gain further momentum. More and more people will come forward to make it a part of their lives.

My dear countrymen, many of you have urged me on My gov and Narendra Modi app to mention Doctor's Day, the 1st of July. You are absolutely right. We think of doctors only during times of distress. But this is a day when the nation celebrates the achievements of our doctors and expresses gratitude for their spirit of service and commitment towards society. We are a people who, by nature, revere the Mother as the equivalent of god since she is the source of our very existence, our life. On the other hand, there are times when it is the Doctor who gives us re-birth. The role of a doctor is not limited to mere treatment of ailments. Often a doctor plays the role of a family friend, a lifestyle guide. They not only cure but also heal. Today, doctors possess not just medical expertise; they have a vast experience on the co- relation between general lifestyle trends and their effect on our health. Indian doctors have carved a niche for themselves in the entire world through their capabilities and skills. Our doctors have gained recognition for their expertise in the medical field, hardworking attitude and the ability to solve complex medical problems. Through Mann Ki Baat I extend my warmest felicitations on behalf of the countrymen to all our doctors, ahead of Doctor's Day on the 1st of July.

My dear countrymen, as a people, we are truly blessed to be born in this land, bhoomi of Bharat, India. India has had a

rich historical canvas. Every single month, every single day in fact, is a marker of one historical event or the other. Every place in India is replete with signposts of heritage. Every place has been blessed with a saint, a luminary or a great, famous personality who has contributed through his sagacity.

Thank you very much for your phone call. It is correct that I am reaching Maghar on the 28th. I am sure you know about Kabirwad in Gujarat when I used to work there, I had organized a National session of people belonging to the tradition of saint Kabir. Once again I have been blessed with the opportunity to visit this Samadhi sthal, this shrine. You must be aware that in eastern Uttar Pradesh, there is a place called Maghar. It is here that Sant Kabir Das ji attained Samadhi. Do you know why Kabir Das ji chose to go to Maghar? In those days it was believed that death in Maghar was a roadblock in one's pathway to heaven. On the contrary, breathing one's last in Kaashi was a guarantee for entry into heaven. Maghar was considered unholy but Sant Kabirdas never subscribed to that view. He toiled relentlessly to quell many such superstitions and evil social customs of his times. That is why he went to Maghar and chose to attain Samadhi there. Sant Kabir Das ji, through his verses 'Saakhis' and 'Dohas' stressed upon the virtues of social equality, peace and brotherhood. These were his ideals. We can feel the essence of these ideals in his compositions. They are relevant & inspiring even in modern times. I quote a doha

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The true saint is the one who recognizes & understands the sufferings of others. Those who do not feel the pain of others are insensitive, uncompassionate. Kabir Das ji laid great emphasis on social cohesion. He was a thinker way ahead of his times. In those days, when the whole world was undergoing strife and degradation of moral values, he spread the message of peace & harmony. He worked towards uniting

the populace, bridging their differences.

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There will be no enmity in the world if the inner being is at peace.

Compassion should be the universal way of life.

In another doha, Kabir has written.

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Compassion leads to righteousness,
Greed leads to sin.
Anger is sure to devour you,
Forgiveness is a great virtue.

He said

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Never ask a saint his caste or creed;
Ask him about his repository of knowledge.

He appealed to the people to rise above divisions of religion & caste and make knowledge & wisdom the sole basis of recognition. His principles are relevant even after several centuries have gone by.Since we are referring to Sant Kabir Das ji, I am reminded of a doha couplet in which he says,

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Such is the exalted status accorded to the guru, the teacher. And one such guru is Jagatguru, Guru Nanak Dev. He showed the righteous path of life to millions, inspiring them for centuries. Guru Nanak Dev's teachings endeavoured to eradicate caste based discrimination prevalent in society. He perceived humankind as one & urged everyone to embrace humanity.

Guru Nanak Devji said that the service to the poor and the needy is service to God. Wherever he went, he took many

initiatives for the welfare of the society. The establishment of a kitchen free of social discrimination where a person of any caste, sect, religion or community could eat or what we know as the *langar*system was initiated solely by Guru Nanak Dev Ji. The 550th *Prakash Parv* of Guru Nanak Dev Ji will be celebrated in 2019. I want all of us to join this great festival with enthusiasm and fervour. To celebrate this festival in the entire Indian society and around the world I also urge you to suggest new ideas, new concepts, and innovations on which we can ponder and make preparations and thus we can also celebrate the *Prakash parv* as *PrernaParv* with great pride .

My dear countrymen! The history of India's struggle for independence is very long, very vast and is filled with countless sacrifices. There is another chapter of history associated with Punjab. In the year 2019, 100 years of the horrific incident of Jallianwala Bagh will come to a full circle, it was an incident that embarrassed the entire humanity. Who can forget that dark day of April 13, 1919, when abusing all limits of power, crossing all the boundaries of cruelty; theguiltless, unarmed and innocent people were fired upon. How can we remember the completion of 100 years of this horrific event is something we canall give a thought to, but we must also remember the everlasting message that this incident has imparted that is – violence and cruelty can never solve any problem. It is peace and non-violence, renunciation and martyrdom that are triumphant in the end!

My dear countrymen! Mr. Raman Kumar of Rohini, Delhi, has written on 'Narendra Modi Mobile App' that oncoming July 6 happens to be Dr. Shyama Prasad Mukherjee's birthday and he wants me to talk about Dr. Shyama Prasad Mukherjee in this episode of *Mann Ki Baat*. Thank you very much, Raman ji. It feels great to see your interest in India's history. You know, yesterdayjune 23, was the death anniversary of Dr. Shyama Prasad Mukherjee. Dr. Shyama Prasad Mukherjee was associated with many fields,

but the areas which were closest to his heart were education, administration and parliamentary affairs, very few people would know that he was the youngest vice-chancellor of the University of Calcutta at merely 33 years of age.

Very few people would also be knowing that in 1937, on the invitation of Dr. Shyama Prasad Mukherjee, Gurudev Rabindranath Tagore addressed the convocation in Kolkata University in Bangla. This was the first time under British rule that the convocation in Kolkata University had been addressed to in Bangla. From 1947 to 1950, Dr. Shyama Prasad Mukherjee was the first Industries minister of India and, in a sense, helaid a strong foundation for India's industrial development, he had prepared a solid base, it was he who had prepared a stout platform. The first industrial policy of Independent India, which came in 1948, was stamped with his ideas and vision. Dr. Mukherjee's dream was for India to be industrially self-reliant, competent and prosperous in every sphere.

He had wanted India to develop heavy industries and also pay full attention to MSME, handloom, textiles and cottage industry. For the proper development of cottage and small industries with finance availability and organizational setup- All India Handicrafts Board, All India Handloom Board and Khadi & Village Industries Board were established between 1948 and 1950. There was also a special emphasis by Dr. Mukherjee on indigenization of India's defence production, in the establishment of four most successful mega projects- Chittaranjan locomotive works factory, Hindustan aircraft factory, Sindri fertilizer factory and Damodar Valley Corporation and other river valley projects, Dr. Shyama Prasad Mukherjee contributed significantly. He was very passionate about the development of West Bengal. It was the result of his understanding, prudence and activism that a part of Bengal could be saved and it is still a part of India.

For Dr. Shyama Prasad Mukherjee, the most important thing was the integrity and unity of India – and for this, at the young age of 52, he also sacrificed his life. Come! Let us forever remember Dr. Shyama Prasad Mukherjee's message of unity imbued with the spirit of goodwill and brotherhood and remain proactive with all our might for the progress of India.

My dear countrymen! During the past few weeks, I had the opportunity to interact with the beneficiaries of different schemes of government through video call. I got an opportunity to know beyond the confines of the files the changes which are being ushered in the lives of people directly from them. People spoke about their determination, their happiness and their achievements. I believe that this was not a mere governmental programme for me, but it was a unique learning experience and during this time the joy of seeing people's faces lit with happiness, can be the moment of greatest satisfaction in anyone's life? When I would listen to the stories of a common man, his guileless words narrating his experience would touch my heart.

In far-distant villages, daughters are providing services ranging from pension to issuance of passport to senior citizens through the aegis of common service centers. Asister from Chhattisgarh collects custard apple and does business by making its ice cream. Like Anjan Prakash in Jharkhand, many lakhs of young besides running the Yuva – Jan Aushidhikendras in the country are providing affordable medicines in the nearby villages. At the same time a young man from West Bengal desperately seeking a job two to three years ago is now a successful entrepreneur ; And not only this he is providing employment to ten to fifteen people. Whereas young school students from Tamil Nadu, Punjab, Goa are working on an important topic like waste management in their school's tinkering lab. I just do not know how many such stories were shared with me, there wasn't a single corner of

the country where people did not have a success story of theirs to share with me. I am glad that in this entire programme I witnessed the accomplishments of the common man more than the achievements of the government, of the country's power, the power of New India's dreams, the power of the resolve of the new India – this is what I experienced!

There are certain people in society, who find no solace till they do not express their frustrated views, their depressed views and seek ways to divide rather than unite. In such an environment, when the common man comes to you talking about emerging hope, new zeal and events that have taken place in his life, it is not to the government's credit. An incident regarding a small girl from a remote village too can inspire the hundred and twenty five crore people. With the help of technology, through the video bridge even a single moment spentwith the beneficiaries was very enjoyable, very motivational and provided satisfaction to work more. There is a renewed joy in dedicating your life for the upliftment, and you're left with renewed fervour and inspiration.

I am very grateful to the countrymen. 40-50 lakh people participated in this video bridge program and imparted me with a new strength. I again want to express my gratitude to you all.

My dear countrymen! I always feel that if we look around us, somewhere or something good always happens. Many good people out there are involved in beneficial work. We can also smell the fragrance of righteousness. In the past, one thing came to my attention and it happens to be a very unique combination. On one hand, where we have professionals and engineers, on the other hand, there exist farmers tilling the fields, our brethren-sisters associated with agriculture. Now you must be wondering that these are two completely different occupations – what is the relation between these professions? But there exists a link, in Bangalore, corporate professionals and IT engineers came

along and created an effortless 'Samridhi trust' with which they have doubled the income of the farmers by successful activation of this trust. This trust remained associated with farmers, drew plans and made successful efforts to increase the income of farmers. The training to inculcate organic farming while teaching latest agricultural techniques and how to grow more crops along with a single cash crop in the fields was imparted through the professional, engineers and technocrats associated with this trust started giving training to the farmers. The farmers who initially used to depend on the same single cash crop in their fields and that too the yield was also not good begetting lesser profits, today are not only growing vegetables but also marketing their own vegetables and getting good prices through the trust. Farmers producing grains have also become associated with this trust.

On one hand, farmers have a major role in the entire chain from cultivation till the marketing of crops, whereas on the other hand, to make certain the farmers' participation in reaping profits is an attempt to guarantee their right. A separate seed bank has been created to make good agricultural strains available for reaping a bumper harvest. Women have also been added in this activity and they supervise the work of this seed-bank. I congratulate these young people for this innovative experiment and I am happy that these young professionals, technocrats and others associated with the world of engineering, got out of their comfort zone to make a connect with the farmer, the village, fields and barns.

Friends! Your youth-power is really inspiring for any young person. Many other young people of our country will definitely visit your website and look closely at your work and will also be inspired by how they can be of use in different areas of the social milieu in their area. I once again felicitate the youth of my country for their innovative experiments, some of which I might have got to know, some might have

escaped me, some people might or may not be aware of but nonetheless I wish countless people involved in doing beneficial work ,very good luck from my side.

My dear countrymen! It's been an year when GST was implemented. 'One Nation, One Tax' was the dream of the people of this country that has become a reality today. If I've to give credit to anyone for successful implementation of 'One Nation One Tax reform', then I credit the states of our nation. GST is a great example of Cooperative federalism, where all the states decided to take a unanimous decision in the interest of the nation, and then such a huge tax reform could be implemented in the country. So far, there have been 27 meetings of the GST Council and we can all feel proud that people from different political ideologies have been involved in these meetings. These meetings involve representatives of different states; states which have different priorities, but in spite of all this, all the decisions that have been taken in the GST Council so far have been taken with absolute consensus. Before the onset of GST scheme, there were 17 different types of taxes prevailing in the country, but now only one tax is applicable in the entire country. GST is not only the victory of integrity but it is also a celebration of honesty. Earlier, in the case of taxation and allied affairs in the country, there were rampant complaints of Inspector Raj.

In the GST scheme,information technology has replaced the inspector. Everything from return to refund is done through online information technology. The check post has become extinct after the arrival of the GST scheme and the movement of goods has become faster, which not only saves time but is also accruing benefits in the areaof logistics. GST is probably be the biggest tax reform in the world. The successful implementation of such a huge tax reform in India was successful only because the people of the country adopted it and through the power of the masses, fuelled the success of the GST scheme. It is generally believed that such a

big tax reform, in a huge country like ours with such a large population takes 5 to 7 years for effective adoption. However within a year, the enthusiasm of the honest people of this nation, the celebration of integrity in the country and the participation of people resulted in this new tax system managing to create a space for itself, has achieved stability and according to the need, it will bring reform through its inbuilt arrangement. This is a huge success in itself which 125 crore Indians have earned for themselves.

My dear countrymen! Once again, while concluding this episode, I wait most eagerly for the next chapter of 'Mann Ki Baat', of meeting you and talking to you. I wish you many felicitations.

Thank you very much.

29 July, 2018

My dear countrymen, Namaskar. Of late, News of abundant rainfall has been steadily coming in. At places, we are hearing of rising concerns on account of excessive showers; at some places, people are anxiously waiting for the rains to begin. The vastness and diversity of India, in fact, at times even rains play hide & seek through partiality laced likes & dislikes. But why should we blame the rains! After all it was humankind that chose the path of conflict with Nature and consequently earnt her periodic wrath. And that is why it becomes our collective responsibility… Let us be lovers of nature, protectors of Nature, conservers of Nature… and thus, ensure spontaneous balance in her myriad bounty.

Come to think of it, recently an incident pertaining to a natural disaster attracted global attention, leaving every heart & mind perturbed. All of you must have watched it on T.V… in Thailand a team of 12 teenaged football players and their coach went on an excursion to a cave. Usually it takes a few hours to enter and exit that cave. But destiny had different plans that day. Barely had they entered deep into the cave that a sudden heavy downpour caused water logging at the inlet of the cave. Their exit was completely blocked. Not able to find

a way out, they perched themselves a top a mound inside the cave; not for a day or two, but an entire 18 days. One can only imagine the predicament of these teenagers in the face of death, where every second was fraught with danger. On the one hand they were struggling against all odds; on the other, the world over, humanity joined hands in expressing the noblest & the most righteous of human virtues. The world over, people prayed for the safe & secure exit of these children. No stone was left unturned to trace their where abouts, their well-being and their rescue. Their timely evacuation was of a prime concern, since the heavy monsoon would have delayed rescue-attempts by a few months. Anyway, the good news of their safe exit spread a sigh of relief, a sense of inner calm. But I feel like viewing the entire sequence of events from another perspective, i.e, how the operation was conducted! The sense of responsibility & commitment, prevailing at every level was astonishing. The government, their parents, family members, media, citizens of that country, each one of them displayed an awe-inspiring sense of peace and patience. All of them came together as a team to accomplish their mission. I feel the self-control exercised by each one of them in conduct is worth understanding and emulating. It is not that the parents were not aggrieved, it is not that the mothers' eyes had ceased to be moist. Their patience, their restraint, in fact the calm composure exercised by the entire society is commendable & worth following. During the operation, a sailor from Thailand Navy sacrificed his life. The whole world is be wildered at the way they held on with courage and patience, without losing hope, despite the odds against them in the water-logged dark cave. This proves that when humanity stands together, it creates wonders. What is certainly required is focusing on your goal with a calm & steady demeanour and the will to strive.

A few days ago, the country's beloved poet Neeraj Ji left us forever. Neeraj ji was blessed with a special quality… it

was a combination of hope, faith, a firm resolve and self-confidence. Every word of Neeraj ji's work can instill a lot of strength & inspiration in us Indians. He wrote

The darkness shall be dispelled
Whether you brew up storms
Or make lightening strike
Now that the lamp has been lit
The darkness shall be dispelled
My heartfelt respectful tributes to Neeraj ji.

Usually, the months of July and August are very important for farmers and the youth. This is the time which is Peak season for colleges. Like Satyam, Hundreds of thousands of youth leave schools to join colleges. Whereas February and March get consumed in exams, papers and answers, April & May are meant for enjoying vacations, followed by results and thereafter, shaping a course for one's life through career choices. July is the month when the youth step into a new phase of life, where the focus shifts from questions and veers towards cut-offs.

The attention of students steers from home to hostel. Students submit themselves to the tutelage of Professors vis a vis the shadow of their parents. I firmly believe that my young friends must be enthusiastic & happy on the commencement of their college life. Leaving home for the first time, moving out of one's village, coming out of a protective environment amounts to taking charge of the course of one's life. This multitude of young people leave their homes for the first time to chart a new direction for their lives. Some students might have joined their respective colleges and some must be about to join. All I would like to say to you is 'Be calm, enjoy life, seek inner happiness in life. There is no alternative to books, one has to study, yet one's bent of mind should be towards discovering new things. Old friends are invaluable. Childhood friends are precious, but selecting, making & maintaining new friendships is a task that requires immense

prudence. Keep learning something new, such as newer skills and languages. Young people who leave their homes for the sake of studies should discover their new places, know more about the people, language, culture & tourism facets related to them. My best wishes to all the young people about to begin a new innings. Referring to the college season reminds me of someone I saw in the News recently… how Asharam Choudhury a student from an extremely poor family in Madhya Pradesh overcame life's many challenges to achieve success. In his maiden attempt, he cracked the Entrance exam for MBBS at AIIMS, Jodhpur. His father earns his daily bread by waste-picking. I congratulate him on his success. There are many such instances of students from deprived families who, through sheer determination & perseverance overcame all odds and stood out to be beacons of inspiration to others. Examples such as Prince Kumar of Delhi, whose father is a DTC bus driver, Abhay Gupta of Kolkata who studied on foothpaths under street lights, Bitiya Afreen Sheikh of Ahmedabad, whose father drives an auto rickshaw, Nagpur's daughter Khushi, whose father is a school bus driver, Karthik of Haryana, whose father is a watchman or Ramesh Sahu of Jharkhand, whose father is a brick-kiln labourer… or Gurgaon's divyang angel Anushka Panda, who suffers from a hereditary disorder called spinal muscular atrophy… all of them overcame each & every obstacle through their firm resolve and Zeal, attaining success for the world to see. If we look around, we can see many such examples.

Any commendable incident from any part of the country infuses my heart with energy and inspires me. And when I mention the glorious journey of these youth, I am reminded of Neeraj ji's line which sum up the raison d'etre of life. Neeraj ji has said

How I wish to make the sky listen to
the song of the earth
How I wish to inspire every strand of darkness

to come to the radiance of light
And I wish to conquer the might of the sword
With the fragrance of flowers
And to awaken the mountains
with the Sweetness of songs.

My dear countrymen, a few days ago I happened to glance through a news item, it said- “Two youths make Modi's dream come true”. On reading further, I came to know how our youngsters put in efforts to transform the lives of the common man by making smart and creative use of technology.

It so happened that once I was interacting with Indian youth in San Jose town of America hailed as a Technology Hub. I had appealed to those young people to think over how could they use their talent to India's benefit and do something in that direction whenever they found time. I had made an appeal to change brain-drain into brain-gain. Two IT Professionals from Rae Bareilly Yogesh Sahu ji and Rajneesh Bajpayee ji accepted my challenge and made a unique attempt. With their joint efforts, Yogesh ji and Rajneesh ji have developed a SmartGaonApp by utilizing their professional skills. This App is not only connecting the villagers with the whole world but now they can obtain any information on their own mobile phones. Residents of the village Taudhakpur in Rae Bareilly, village chief, District Magistrate, CDO and every one joined in to create awareness amongst the masses. This App is actually bringing in a Digital Revolution in the village, with the help of this App, it has since become easier to record, track and monitor developmental work being done in the village. This App contains phone directory, News section, events list, health centre and information centre of the village. This App is very useful for the farmers and the grammar feature of the App and FACT rate among the farmers functions like a market place for their products. If you look into this incident minutely, one

thing will strike you and that is the young man living in America adhering to that country's life-style and ideology, who left India many years ago but, knows the finer details about his village, knows about the challenges and still is emotionally attached to his village. This seems to be the reason as to how he could develop this App which is most suited to needs of the village.

A sense of belonging towards the village and towards one's roots and also a spirit to show and do something is naturally there in each and every Indian.

But, sometimes because of time, sometimes because of distance and at times because of situations that spirit gets faded but just with a touch of a tiny spark, everything re-emerges which takes one back to old memories. We should also check if such a thing has happened in our case too whether circumstances, situations, distances have made us alien, whether dust has gathered over our determinations.

Do think.

Santoshji, many – many thanks for your phone call. Actually, Pandharpur Wari is an amazing journey in itself. Friends, Ashadhi Ekadashi, which fell on 23rd July, is celebrated as a day of grand transformation of Pandharpur Wari. Pandharpur is a holy town in Solapur district in Maharashtra. About 15-20 days before Ashadhi Ekadashi warkari or pilgrims start the Pandharpur Yatra on foot. This yatra (journey) is known as Wari and lakhs of warkaris join this. Wooden foot wear or padukas of great saints like Saint Gyaneshwar and Saint Tukaram are placed in a palki and pilgrims begin their pilgrimage chanting “Vitthal-Vitthal”. Pilgrims go to have a darshan of Vitthal who is also known as Vithoba or Pandurang. Lord Vitthal safeguards the interests of the poor, the deprived ones and the ones who are suffering. People from Maharashtra, Karnataka, Goa, Andhra Pradesh, Telengana have deep devotion and respect for Vitthal.

Visiting Vithoba temple in Pandharpur and its grandeur, beauty and spiritual bliss is a unique experience in itself. I request the listeners of "Mann Ki Baat" to visit Pandharpur Wari at least once, whenever they get a chance. Innumerable saints like Gyaneshwar, Namdev, Eknath, Ram Dass, Tukaram are relevant even today in educating the masses. They are imparting energy to fight against superstition in each and every corner across the country. May they be compositions like Bharud (Hkk:M) or Abhang (vHkax), we get a great message of amity, love and brotherhood. We get the mantra to enable the society to fight against blind-faith through devotion and bhakti. These were the people who, at times restrained and corrected the society, even showed a mirror and ensured that old evil traditions get eradicated from the society and that people inculcated a culture of compassion, equality and righteousness. Our mother India is a land full of gems and treasures and the tradition of these great saints that adorned our land are at the same level as the great men who dedicated and sacrificed their lives for our Mother India. One such great man has been Lok Manya Tilak who has left a very deep impression on the hearts of a large number of Indians. We remember and pay our homage to Tilak ji on his birth anniversary on 23rd July and his death anniversary on 1st August.

Lokmanya Tilak was full of courage and self-confidence. He had the courage to show a mirror to the British about their wrong doings. The British were so afraid of Lok Manya Tilak that they tried to charge him of sedition thrice in two decades; this is no small thing. I want to narrate an interesting incident to the countrymen which is connected with Lok Manya Tilak and his statue in Ahmedabad. When in October 1916, Lok Manya Tilak ji came to Ahmedabad, more than 40,000 people that time gave him a welcome and during that very visit, Sardar Vallabh Bhai Patel had a chance to talk to him. Sardar Vallabh Bhai Patel was greatly impressed by Lok ManyaTilakji. When on August 1 1920, Lok

ManyaTilakji passed away, Patel ji had decided then itself that he would build his statue in Ahmedabad. Sardar Vallabh Bhai Patel was elected the Mayor of Ahmedabad municipal corporation and he immediately selected Victoria Garden as a venue for Lok Manya Tilak's memorial and this was the very Victoria Garden which was named after the British Queen. The British were naturally not happy with this and the collector continually kept denying permission. But Sardar Saheb was also Sardar Saheb after all, he was persistent and had remarked that he might have to give up on his post but Lok ManyaTilakji's statue would certainly be built there. Finally, the statue got built and Sardar Saheb got it unveiled by none other than Mahatma Gandhi on 28th February, 1929; and the most interesting point is that during that inaugural ceremony revered Bapuji said that with the coming of Sardar Patel, Ahmedabad Municipal Corporation has not only got a man but it has got the strength on the basis of which, building the statue of Tilakji has become possible. And my dear countrymen, the speciality about this statue is that this is a rare statue of Tilakji in which he is sitting in a chair and in this "Swaraj is our birthright" ("Swaraj Hamara Janma Sidhha Adhikar Hai") is inscribed right below Tilakji's statue. And this all happened during the period of British rule. Tradition of publicly celebrating Ganesh Utsav was also initiated with the efforts of Lok ManyaTilakji. The celebration of Ganesh Utsav publicly had become an effective medium in promoting a spirit of social awakening, integration, amity and equality among the masses besides projecting a sense of dedication and festivity in them. This was the period when there was a need for people to get united in the fight against the British; these festivals, by breaking the barriers of casteism and communalism served the purpose of uniting all. Such events gained more popularity with the passage of time. Thus, it becomes clear that our younger generations still care for the brave heroes of our ancient past, its heritage and history. Today, you can see Ganesh pandals in almost every

street of various cities. All families in that street collectively organize these pandals. This is an excellent chance for our youth wherein they can learn qualities of leadership and organization and inculcate these in themselves.

My dear countrymen! I had requested last time too and now, while remembering Lokmanya Tilak, I will once again urge all of you to celebrate Ganesh Utsav with great enthusiasm and fervour whole heartedly but insist on keeping these celebrations eco-friendly. Right from Ganesh idol to all decorative material everything ought to be eco friendly and I will appreciate that separate competitions be organized in each city, prizes be awarded for these; and I will like that eco friendly items related to Ganesh Utsav are displayed for wider publicity on My Gov and Narendra Modi App.

I will surely send your ideas and efforts to the people. Lokmanya Tilak evoked self- confidence amongst our countrymen and gave the slogan "Swaraj is our birth right and I shall have it." Today is the time to say that Good Governance is our birth right and we will have it.

Every Indian should have access to good governance and positive results of development. It is the factoring in of this outreach that will create a new India. After 50 years of Tilak's birth, on the same day i.e. on July 23, another son of Mother India was born, who sacrificed his life so that his countrymen could breathe freely in an atomsphere of freedom. I am talking about none other than Chandrasekhar Azad. Where will you find a young man in India who will not be inspired listening to these lines –

***Sarfaroshi** ki **tamanna** ab hamare **dil** meinhai*
*Dekhnahai **zor** kitna **baazu**-e-**qaatil** meinhai*
(The desire for martyrdom is now in our hearts
Let us see the strength in the arms of my executioner)

These lines inspired many young people like Ashfaq Ullah Khan, Bhagat Singh, Chandrashekhar Azad and many

others. Azad's courage and passion for freedom inspired the youth of the day. Chandrashekhar Azad put his life on the stake, but he never bowed in front of the foreign rule. It was my privilege and good fortune that I had the opportunity of going to Chandrasekhar Azad's native village of Alirajpur in Madhya Pradesh. I had the opportunity to pay homage in Chandrashekhar Azad Park in Allahabad, Chandrasekhar Azad Ji was a brave man who did not wish to die by the bullet of foreigners – he wished to fight for independence as a free man and if he had to die, he wished to remain a free man! This is what was so special about him. Once again, I bow and pay tributes to the two great sons of Bharat Mata – Lokmanya Tilakji and Chandrasekhar Azad ji.

Just a few days ago, in the Junior Under-20 World Athletics Championship in Finland, India's brave daughter and a farmer daughter Hima Das made history by winning the gold medal in the 400-meter race event. Ekta Bhyan, another daughter of the country, in response to my letter, has emailed me from Indonesia, where she is now preparing for the Asian Games. Ekta in her e-mail writes – 'The most important moment in the life of any athlete is that when he or she holds the tricolor and I am proud that I could do that.' Ekta, we all are proud of you. You have brought glory to the Nation. Ekta has won the gold and bronze medals in World Para Athletics Grand Prix 2018 held in Tunisia. Her achievement is all the more special because she has made the imposing challenges in her life the key to her success.

Daughter Ekta Bhyan in 2003, lost the use of half of her lower body due to road accident, but this daughter did not lose courage and made herself all the more stronger to perform this grand feat. Another Divyang, Yogesh Qathuniaji, has won the gold medal in the discus throw in Para Athletics Grand Prix in Berlin and in the process bettered the world record, along with Sundar Singh Gurjar who also won the gold medal in javelin. I salute Ekta Bhyanji, Yogesh Qathuniaji and Sundar

Singh Ji, all of you for your fortitude and passion, and congratulate you! May you go further than these successes, keep on playing and keep on blooming.

My dear countrymen, the month of August is significant because it is filled with historically important dates and festivals, but due to the weather sometimes sickness also enters the house. I wish all of you best wishes for good health, for this month of August imbued with the spirit of patriotism and for many festivals that have continued over centuries. We will meet once again for 'Mann Ki Baat' next time.

Many many Thanks.

My dear countrymen, Namaskar. Today, the entire country is celebrating Rakshabandhan. Heartiest greetings to all fellow citizens on this auspicious occasion. The festival of Rakshabandhan symbolizes the bond of love & trust between a brother & a sister. For centuries, this festival has proved to be a shining example of social harmony. In the nation's history, there are innumerable accounts of this sacred thread, binding together people of distant lands, different religions, around a spindle of trust. In a few days from now, we shall celebrate the festive occasion of Janmashtami. The whole atmosphere will reverberate to the sonorous chants & calls of 'Hathi, Ghoda, Palki', 'Jai KanhaiyaLalki' and 'Govinda-Govinda'. It is indeed an extremely joyous experience to imbue the essence of Bhagwan Krishna & revel blissfully. In other parts of the country, especially Maharashtra, our young friends must be busy with preparations of the 'Dahi-Handi'…. the festive ritual of the human pyramid breaking the curd filled earthen pot. Heartiest greetings to all countrymen on the festive occasions of Rakshabandhanand Janmashtami.

BhaginiChinmayee, ? ? ? ?? ? ? ? –??? ? ? ? ? ? ? ? Sister Chinmayee has asked a question in Sanskrit. Excellent,

extraordinary. My salutations to you. On the occasion of Sanskrit week, I extend my best wishes to all countrymen.

I am extremely thankful to young Chinmayee for touching upon this subject. Friends, apart from Rakshabandhan, ShravanPoornima is also celebrated as Sanskrit Day.

I congratulate all those actively involved in preserving & conserving this glorious heritage, helping it to reach out to the masses. Every language has its own significance, sanctity. India takes great pride in the fact that Tamil is the most ancient of world languages. We Indians also feel proud that from Vedic times to the modern day, Sanskrit language has played a stellar role in the universal spread of knowledge.

Sanskrit language & literature encompasses a storehouse of knowledge pertaining to every facet of life. Science & technology, agriculture & health, Mathematics & Management, economy & environment, the entire spectrum has been touched upon. It is said that our Vedas have detailed reference on Mantras, onways& means to counter the challenges of global warming. You will be pleased to know that even today, residents of village Mattur in Shivamoga district of Karnataka use Sanskrit as their lingua franca.

You will be astonished to know that Sanskrit is a language that possesses the capacity for infinite word formation with two thousand verb roots, 200 suffixes & 22 prefixes; coupled with compounds, the possibility of word-creation is limitless. And that is why the minutest nuance of an expression or subject can be accurately described. This has been the core speciality of Sanskrit.Today, at times, in order to communicate more assertively, we tend to make use of English Quotations or even sher-o-shayari-urdu poetry. But those who are well acquainted with Sanskrit Subhashitas – epigrammatic verses, know very well that it is possible to make a crisp, precise statement, using very few words through the usage of subhashitas. And since there is a sense of

geographical &cultural belonging, they are easy to understand & assimilate.

For example, in order to illustrate the significance of the Guru in one's life, it has been said

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Thereby meaning, when a guru imparts even an iota of knowledge to the student, there is no material or wealth on the entire earth that the student can make use of, to repay the guru. We must abide by the same essence, the same spirit as we celebrate Teachers' Day. Knowledge & the guru are incomparable, invaluable, priceless, On the occasion of Teachers' Day, we remember the great philosopher, former President of India Dr. Sarvapalli Radhakrishnanji. His birth anniversary is celebrated as Teacher' Day across the country. I felicitate all the teachers in the country on this occasion. I also salute your sense of commitment towards science, education and students.

My dear countrymen, the monsoon comes along, bringing a new ray of hope to our toiling farmers. It provided much needed succor to the scorched trees & shrubs, and to parched water bodies; on the other hand excessive rainfall causes devastating floods. It's a vagary of Nature that some places have received higher rainfall compared to other places. We just saw how the terrible floods in Kerala have affected human lives. In today's pressing, hard times, the entire Nation is with Kerala. Our sympathies are with those families who lost their loved ones. Loss of lives cannot be compensated, but I assure the grief-stricken families that in this moment of suffering& misery, a hundred & twenty five crore Indians stand by them, shoulder to shoulder. I earnestly pray for those injured in this natural disaster to get well soon. I firmly believe that the sheer grit and courage of the people of the state will see Kerala rise again.

Disasters, unfortunately leave behind a trail of destruction. But one gets to witness facets of humanity, humaneness during disasters. From Kutch to Kamrup, from Kashmir to Kanyakumari, everyone is endeavoring to contribute in some way or the other so that wherever a disaster strikes, be it Kerala or any other part of India, human life returns to normalcy. Irrespective of age group or area of work, people are contributing. Everyone is trying to ensure speedy mitigation of the sufferings people in Kerala are going through, in fact sharing their pain. We know that jawans of our armed forces are the vanguards of rescue & relief operations in Kerala. They have left no stone unturned as saviors of those trapped in the floods. The Air Force, Navy, Army, BSF, CISF, RAF, every agency has played an exemplary role in the rescue & relief operations. I would like to specially mention the arduous endeavors of the NDRF daredevils. At this moment of hardship&agony, their service stands out as a shining example. The capability, commitment & controlling situation through rapid decisions of the NDRF have made them a cynosure of every Indian's eye, worthy of respect & admiration. Yesterday was the festival of Onam. We pray for Onam to provide strength to the country, especially Kerala so that it returns to normalcy on a newer journey of development. Once again on behalf of all Indians, I would like to re assure each & everyone in Kerala and other affected places that at this moment of calamity, the entire country stands by them.

My dear countrymen ! I was looking into the suggestions received for “Mann Ki Baat”. The subject about which most of the people from across the country have written is “Our revered AtalBehari Vajpayee”. Kirti from Ghaziabad, Swati Vats from Sonepat, brother Praveen from Kerala, Dr.Swapan Banerjee from West Bengal, Akhilesh Pandey from Katihar, Bihar and numerous others have written on Narendra Modi Mobile App and MyGov asking me to speak on various aspects of Atalji's life. As soon as the

people in our country and abroad heard of the demise of Atalji on 16th August, everyone drowned in sadness. He was a leader who gave up his position as Prime Minister fourteen years ago. In a way, he was cut-off from active politics for the last 10 years. He was neither seen in the news nor in public life. Ten years is a huge gap but on 16th August our country and the whole world witnessed that there was not a gap of even a single moment in the commonman's heart. The wave of love and faith that spread across the nation is an indicator of his great personality. During these last days, many great aspects of Atalji came up to the fore. People remembered him as the best member of Parliament, sensitive writer, best orator and most popular Prime Minister and will continue to remember him. The country will ever remain grateful to Atalji for bringing good governance in the main stream. But, I just want to touch upon one more facet of Atalji's legendary personality and that is the political culture which Atalji gave to India, his efforts in the direction of bringing about the changes in our political culture, his efforts to mould it into an organized framework and which proved very beneficial for India and a bigger benefit will accrue in days to come. This is certain. India will remain ever grateful to Atalji for bringing the 91st Amendment Act, 2003. This change brought about two important changes in India's politics.

First one is that the size of the cabinet in states was restricted to 15% of the total seats in the state Assembly.

And the second one is that the limit under the Anti Defection Law was enhanced from one-thirds to two-thirds. Besides, clear guidelines were defined to disqualify the defector.

For many years in India, the political culture of forming a very large cabinet was being misused to constitute jumbo cabinets not only to create a divide but also to appease political leaders. Atalji changed it. This effort of his resulted in saving of money as well as of resources. This also helped in

improving efficiency. It could only be a visionary like Atalji who brought in this transformation and as a result of this, healthy traditions blossomed in our polity.

Atalji was a true patriot. It was during his tenure that the timing of presenting the budget was changed. Earlier, as was the British tradition, the Budget used to be presented at 5 pm because in London, Parliament used to start working at that time. In the year 2001, Atalji changed the time of presenting the budget from 5 pm to 11 am. One more freedom-the Indian Flag Code was framed in Atalji's tenure and it came into effect in 2002. A number of such rules have been included in this code which made it possible to unfurl the tricolor in public places. This provided a chance to more and more of our countrymen to unfurl our national flag. Thus, he brought our beloved tricolor closer to the commonman. You must have noticed how Atalji took bold steps to bring about fundamental reforms, whether in our election process or about the shortcomings concerning the people's representatives. Similarly, you can see that presently efforts are afoot and discussions are being held about simultaneously holding the elections for Lok Sabha and for state assemblies. The Government and the opposition – both are putting forth their view points. This is a good development and a healthy sign for our democracy. I must say that developing healthy traditions for a sound democracy, making constant efforts to strengthen democracy, encouraging open-minded debates would also be aappropriate tribute to Atalji. Reiterating our resolve to fulfill his dream of a prosperous and developed India, I along with all of you pay tributes to Atalji.

My dear countrymen !whenever a discussion about Parliament is there nowadays, it is about hold-ups, noisy scenes and stalling the proceedings but when something good happens, it is not given much importance. The monsoon session of Parliament ended just a few days back. You will be glad to know that the productivity of Lok Sabha remained 118

percent and that of Rajya Sabha was 74 percent. All the members rose above party interests to make the Monsoon session most productive and this is why Lok Sabha passed 21 bills and in Rajya Sabha fourteen bills were passed. This Monsoon session of Parliament will always be remembered as a session for social justice and youth welfare. A number of importantbills beneficial to the youth and the backward classes were passed during this session. As you know, a demand to constitute an OBC Commission similar to SC/ST commission was long pending for decades. The country fulfilled its resolve this time to make an OBC Commission and also granted it Constitutional powers. This step will prove to be the one to move forward our march towards achieving the goal of social justice. An amendment bill to secure the rights of scheduled castes and scheduled tribes also were passed in this session. This Act will give more security to the interests of SC and ST communities. This will also forbid criminals from indulging in atrocities and will instill confidence among the dalit communities.

No civil society can tolerate any kind of injustice towards the woman-power of the country. The nation will not tolerate those committing rapes. With this point in view Parliament has made a provision of strictest punishment by passing the Criminal Act Amendment Bill. Those guilty of rape will get a minimum sentence of ten years and those found guilty of raping girls below the age of 12 years will be awarded the death sentence. Recently, you might have read in newspapers, that a court in Mandsaur in Madhya Pradesh, after a brief hearing of two months, pronounced the death sentence on two criminals found guilty of raping a minor girl. Earlier, a court in Katni in Madhya Pradesh awarded the death sentence to the guilty after a hearing of just five days. Courts in Rajasthan have also taken similar quick decisions. This Act will play an effective role in curbing crimes against women and girls. Economic growth will be incomplete without a social transformation. The Triple Talaq Bill has been passed

by the Lok Sabha although it could not be passed in the Rajya Sabha, I assure the Muslim women that the whole country stands by them to provide them social justice. When we move ahead in the national interest, a change in the lives of the poor, the backward, the exploited and the deprived ones can also be brought about. In the Monsoon session, this time, everyone jointly presented an ideal approach. Today, I publicly express my heartfelt gratitude to all MP's.

My dear countrymen! The attention of crores of Indians is focused on the Asian Games being held in Jakarta. Every morning, first of all, people look for newspapers, Television, News and Social Media to check Indian playerswinning medals. The Asian Games are going on. I wish to congratulate all players who have won medals for the country. I extend my best wishes to thoseplayers who are yet to compete. Indian players are performing exceedingly well in shooting and wrestling but our players are winning medals in those competitions too, in which our performance has not been so good earlier-like WUSHU and ROWING. These are not just medals but an evidence of the sky high spirits of the Indian players.

Among those winning medals for our country are a large number of our daughters which is a very positive sign; so much so, that youngsters of only 15-16 years of age have brought honour to our country by winning medals. This too is a very positive indication that most of the medal-winners hail from small towns and villages and these players have achieved this success by putting in sheer hard work.

We shall celebrate National Sports Day on 29th August and I extend my best wishes to all sport lovers and also pay my tributes to the legendary hockey wizard Shri Dhyanchandji.

I request every citizen to make it a point to play and take care of their fitness because only a healthy India will build a developed and prosperous India. When India will be fit, only

then India's future will be bright. Once again, I congratulate the medal winners at the Asian Games and also wish the remaining players perform well. Many good wishes to you all on the National Sports Day.

Namaste Bhawnaji, I respect your sentiments. All of us have seen houses and buildings being constructed of bricks and stones but can you imagine that about twelve hundred years ago, a giant mountain which was a single stone mountain was give the shape of an elegant, huge and a unique –temple –this may be difficult to imagine, but this happened and that temple is KailashNathMandir in Ellora, Mahrashtra. Would you believe if someone tells you that about a thousand years ago, an over sixty metrestall pillar of granite was built and anothergranite rock weighing about 80 tonnes was placed over its top. But, Brihdeshwar temple of Thanjavur in Tamil Nadu is the place where this unbelievable combination of Engineering and Architecture can be seen. Anybody will feel overawed on seeing Rani Ki Vaav of the 11th Century in Patan in Gujarat. Our land has been an engineering laboratory. There have been several engineers in India who made the unimaginable possible and presented such marvels of engineering before the world. In this lineage of great engineers, we were blessed with a diamond whose work is still a source of wonder for all.He was Bharat RatnaDr. M. Visvesvaraya. Lakhs of farmers and common people continue to benefit from the Krishna Raj Sagar Dam built by him. He is greatly revered in that part of our country and the whole nation remembers him with great respect and regard. In his memory, 15th September is observed as Engineers Day. Following his footsteps, our engineers have created their own identity in the world. When I talk of wonders in the Engineering world, I am reminded of an incident of 2001 when a devastating earth quake hit Kutch in Gujarat. I used to work as avolunteer there during those days, I got a chance to go to a village and had a chance to meet a lady of more than a hundred years of age. And she was looking at me and

mockingly,saying, “Look at my house. It is called Bhoonga in Kutch.This house has faced three earthquakes. I myself have seen three in this house itself. But, you did not find any damage anywhere. These houses were built by our ancestors in sync with nature and surroundings of this place”.And she was saying all this with such a feeling of pride that it made me think that engineers in that era had constructed such structures according to the local situations which kept the commonman safe and secured. While observing Engineers Day, we should think of the future as well. Workshops should be held at different places. What are the things we need to learn in the changing times? What do we need to teach? What do we need to connect to? Nowadays, disaster management has assumed immense significance. The world is facing natural calamities. What then should be the new form of structural engineering? What courses should be designed to that end? What should be taught to the students? How do we keep construction eco friendly? How can we enhance the quality of construction by making value addition through local materials? How do we make zero waste our priority? All such points need to be pondered upon when we observe Engineers Day.

My dear countrymen! There is a mood of festivity and with this the preparations for Diwali also begin. We will keep meeting through Mann Ki Baat, and will keep sharing matters close to our hearts. We will join hands in taking our country forward with heartfelt vigor. With these feelings, I extend my best wishes to you all. Thanks. We shall meet.

30 September, 2018

My dear countrymen, Namaskar. There must be hardly any Indian who doesn't feel proud of our Armed Forces, our army jawans, our soldiers. Every Indian, irrespective of region, caste, religion, sect or language, is ever eager to express joy and show solidarity with our soldiers. Yesterday, one hundred and twenty-five crore Indians celebrated the ParaakramParva, the festival of Valour. We remembered that surgical strike carried out in 2016, where our soldiers gave a befitting reply to the audacity of a proxy war under the garb of terrorism. At various places in the country, exhibitions have been organised by our Armed Forces in order to apprise the maximum number of citizens, especially the younger generation, of the might we possess; how capable we are and how our soldiers risk their lives to protect us citizens. A day such as ParaakaramPrava reminds our youth of the glorious heritage of our Army. It also inspires us to maintain the unity & integrity of the country. I too participated in a programme held at Jodhpur in the land of the valiant, Rajasthan. It has now been decided that our soldiers will give a befitting reply to whosoever makes an attempt to destroy the atmosphere of peace and progress in our Nation. We staunchly believe in peace; we are committed to taking it forward… but NOT at

the cost of compromising our self-respect and sovereignty of our Nation. India has always been resolutely committed to peace. In the two world-wars fought in the 20th century, over a lakh of our soldiers made the Supreme Sacrifice; that too in a war where we were not involved in any way. We have never eyed someone else's territory maliciously. This in itself was our commitment & dedication towards peace. A few days ago, on the 23rd of September, on the occasion of the centenary of the Battle of Haifa in Israel, we remembered & paid tributes to our brave soldiers of Mysore, Hyderabad & Jodhpur Lancers who had freed Haifa from the clutches of oppressors. This too was an act of valour on part of our soldiers on the path to peace. Even today, India is one of the largest contributors to various United Nations Peace Keeping Forces in terms of sending forces personnel. For decades, our brave soldiers wearing blue helmets have played a stellar role in ensuring maintenance of World Peace.

My dear countrymen, the sky offers the rarest of hues. It is not at all surprising that the Indian Air Force has proved itself to be the cynosure of every citizen's eye, through the display of sheer might in the skies. It has bestowed upon us a sense of security. One of the notable features eagerly awaited by spectators during the Republic Day Parade is the Flypast comprising the magnificent display of the might of our Air Force through their breath taking aerobatic manoeuvres.

We celebrate Air Force Day on the 8th of October. Making a humble beginning in 1932 with six pilots and 19 Airmen, our Air Force has emerged as one of mightiest and the bravest Air Force of the 21st century today. From the core of my heart, I congratulate those Air Warriors and their families who rendered service to the nation. In 1947, when Pakistani attackers resorted to an unprecedented attack, it was indeed our Air Force which ensured that Indian Soldiers and armaments reached the battlefield promptly. The Air Force also retaliated befittingly in 1965 too. Who does not know

about the Bangladesh Freedom Struggle of 1971? The Air Force played a very significant role in 1999 by pushing back the intruders and liberating Kargil from their clutches. The Air Force defeated the enemy at Tiger Hill by carrying out air sorties on their positions round the clock. Be it the relief and rescue work or disaster management, our country is indebted to our Air Force for the commendable efforts of our Air Warrior. They have always displayed a unique spirit in times of natural calamities like storms, cyclones, floods and forest fires to extend full assistance to our countrymen. The Air Force has set an example in ensuring gender equality and has opened its doors for our daughters of India. Now, the Air Force is offering the option of Permanent Commission to Women besides the Short Service Commission, which I had announced on the 15th of August this year from the Red Fort.

Indian can proudly claim that in the armed forces,our Army not only man-power but woman-power too is contributing equally. Women are already empowered and now getting armed too.

My dear countrymen, a few days ago, Officer AbhilashTomy of our Navy was struggling between life and death. The whole country was concerned about saving Tomy. You know, AbhilashTomy is a very courageous, brave soldier. He was the first Indian who set on a global voyage in a small boat without any modern technology. For the last 80 days, he was moving ahead in South Indian Ocean to participate in the Golden Globe Race maintaining his speed but suddenly a severe cyclonic storm landed him in trouble. Yet, this brave heart from the Navy kept struggling for many days in mid-ocean. He fought to be afloat without food or drink. He did not accept defeat and continued to fight death. A rare example of courage, determination, strength and bravery – a few days ago I talked to Abhilash over the telephone after he was rescued and brought safely ground. I had met Tomy earlier too Despite having faced such a tough situation; his grit & spirit,

his determination to make another similar attempt is an inspiration for our younger generation. I pray for Tomy's sound health and I am sure that his courage, bravery and resolve to fight and emerge a winner will inspire our younger generation.

My dear countrymen, every child in our country knows the importance of the 2nd of October for our nation. The 2nd of October, this year, has a special significance. For two years from now on, we are going to organise various programmes throughout the world on the 150th birth anniversary of Mahatma Gandhi. Mahatma Gandhi's philosophy has inspired the whole world.

Everyone including great personalities like Dr. Martin Luther King and Nelson Mandela derived strength from Gandhiji's ideology to be able to fight a long battle to ensure right of equality and dignity for the people. In today's Mann Ki Baat, I want to talk about another important work of revered Bapu which maximum countrymen should know. In 1941, Mahatma Gandhi started penning down a few thoughts in the shape of a constructive Programme. Later, in 1945, when the Freedom Struggle gained momentum, he prepared an amended copy of those ideas. Revered Bapu, put forth his ideas on various subjects like Farmers, villages, securing of labour rights, cleanliness and promoting of education. This is also known as the Gandhi Charter. Revered Babu was a people's person. Getting connected with people or connecting people with him was Bapu's special quality, this was in his nature. Everyone has experienced this as a most unique part of his personality. He made everyone feel that he or she was very important and absolutely necessary for the country. His biggest contribution in the Freedom struggle was that he made it an expansive “Jan-Aandolan” (People's Movement). During the Freedom Struggle people from all sections and all regions dedicated themselves at Mahatma Gandhi's call. Bapu gave an inspirational mantra to all of us which is known

as Gandhiji's Talisman. In that, Gandhiji had said, “I give you one mantra, whenever you are in doubt or whenever your ego gets over your personality, undergo this test; remember the face of the poorest or the weakest person that you have seen, recall his looks and ask your inner self how useful your intended step would be for that person. Will this, in anyway, benefit him! Will he be able to get some control over his life and destiny through your step ! Meaning thereby that will your step help millions of those people in getting Swaraj who have an empty stomach and a dissatisfied soul! Then, you will see that your doubt is waning away and your ego is also getting quelled.

My dear countrymen, one of Gandhiji's mantras is very relevant event today. The swelling middle class of the country, its increasing economic power, increasing purchasing power; can we remember revered Bapu for a moment while going out for shopping! Can we remember that mantra of Bapu!” Can we spare a thought while purchasing anything as to who in my country will be benefitted by this purchase! Whose face will sport a smile! Who will be the fortunate one to get a direct or indirect benefit from your purchase! I will feel much happier if my purchase will benefit the poorest of the poor. Keeping this mantra of Gandhiji in mind while making any purchases during the 150th Anniversary of Gandhiji, we must make it a point to see that our purchase must benefit one of our countrymen and in that too, one who has put in physical labour, who has invested money, who has applied skill must get some benefit. This is the mantra of Gandhiji, this is the message of Gandhiji and I firmly believe that a small step of yours can surely bring about a very big benefit in the life of the poorest and the most underprivileged person.

My dear countrymen, when Gandhiji said that by maintaining cleanliness, freedom will be won then he probably was not aware how this would happen. But this did

happen and India got freedom. In the same way today we may feel that even by making a tiny contribution I may be contributing in a big way to help in the economic upliftment and economic empowerment of my country and help fight a battle against poverty by lending strength to the poor. I feel that this is true patriotism, and a perfect tribute to revered Bapu's work. For example, think of purchasing Khadi and handloom products on special occasions; this will benefit many weavers. It is said that LalBahadurShastriji used to preserve old and worn out Khadi clothes because some one's labour could be felt in the making of those clothes. He used to say that all these Khadi clothes have been woven after putting in a hard labour, every thread of these clothes must be utilized. This spirit of attachment towards the country and fellow countrymen was deeply imbibed in that great person of a very short physical stature. Two days later, we shall celebrate the birth anniversary of Shastriji along with respected Bapu's birth anniversary. The very name of Shastriji evokes a feeling of eternal faith in the hearts of us, Indians. His mild persona always fills every Indian with a sense of pride.

LalBahadurShastriji had a unique quality in that, he was very humble outwardly but he was rock solid from inside. His slogan “Jai Jawan, Jai Kisan” is the hall mark of his grand personality. It was the result of his selfless service to the nation that in a brief tenure of about one and a half years he gave to our jawans and farmers the mantra to reach the pinnacle of success.

My dear countrymen, while remembering revered Bapu today, it is quite natural not to skip talking of cleanliness. A movement “Swachhta Hi Sewa” was launched on the 15thof September. Crores of people got connected with this movement and luckily I also got a chance to participate in the voluntary cleanliness shramdaan with the children of Delhi's Ambedkar School. I went to the school, the foundation of which had been laid by none other than respected Baba Saheb

himself. On the 15th of September, people from all sections across the country connected themselves to this voluntary cleaning movement. Institutions also extended their contribution enthusiastically. School children, college students, NCC, NSS, youth organisations, media groups, the corporate world, all of them offered voluntary cleanliness service on a large scale. I heartily congratulate all these cleanliness-loving countrymen for their efforts. Come on, let us listen to a phone call.

Many many thanks, you've made a significant remark that cleanliness has a specific meaning in every one's life and what could be a matter of immense joy for all of us than the fact that a toilet has been built in your house under the "Swachh Bharat Abhiyan" and that, all of you have the facility now. And possibly those connected with this movement may not be able to guess that you cannot see because of your visual challenge. But one understands the difficulties you were facing when there was no toilet and that the construction of this toilet has really proved to be a big boon for you. If you had not made a call about this aspect, perhaps those connected with this cleanliness movement might have also not thought about such a sensitive issue. I specially thank you for your phone call.

My dear countrymen, Swachh Bharat Mission or Clean India Mission has become a success story not only in our country but in the whole world and everyone is talking about this movement. This time India is hosting the biggest Sanitation Convention of the world so far, the Mahatma Gandhi International Sanitation Convention. Sanitation Ministers from countries across the world and experts on the subject of sanitation will converge and share their experiments and experiences. Mahatma Gandhi International Sanitation Convention will conclude on 2nd October, 2018 with the commencement of Bapu's 150th Birth Anniversary celebrations.

My dear countrymen, there is a Sanskrit quote- '? ? ?? ? ? ? ? ?? ? ? ? ?? ?(NyayamoolamSwarajyamSyat) meaning justice lies at the root of swaraj and while discussing the subject of justice, the spirit of human rights is inherent in that. This is specially essential for the freedom and peace of the exploited, victimised and deprived people and to ensure justice for them.

In the Constitution drafted by Dr. Baba Saheb Ambedkar, many provisions were inserted to protect the fundamental rights of the poor. Inspired by his vision, the 'National Human Rights Commission' (NHRC) was formed on 12th October 1993. A few days later NHRC would complete 25 years of its existence.The NHRC has not only protected human rights but has also promoted respect for human dignity over the years. Our most beloved leader, ShriAtalBihari Vajpayee, the former Prime Minister of our country, had clearly said that human rights are not analien concept for us.

In the emblem of our National Human Rights Commission, the ideal mantra harking back to Vedic period- “SarveBhavantuSukhinah” is inscribed. NHRC has instilled widespread awareness of human rights and has played an important role in preventing their misuse. In its journey of 25 years, it has created an atmosphere of hope and confidence in the countrymen. For a healthy society, and for lofty democratic values I feel that, it is a very hope inspiring event. Today, with NHRC operating at the national level, 26 State Human Rights Commissions have also been constituted. As a society, we need to understand the importance of human rights and inculcate them into practice – this is the very basis of Sab kaSaath–Sab kaVikas'.

My dear countrymen, the month of October heralds, Jai Prakash Narayan ji's birth anniversary, the beginning of the birth centenary of RajmataVijayarajeScindiaji. These luminaries have been infusing inspiration in all of us and we

offer our heartfelt tributes to them. 31 October happens to be the birth anniversary of Sardar sahib, I shall dwell upon his birth anniversary in detail in the next episode of Mann Ki Baat but today I want to mention that for the past few years, the occasion of Sardar Sahib's birth anniversary on October 31 is marked in every small town and district by organizing the 'Run for Unity' race.

Even this year, we should try to organize 'Run for Unity' in our village, town, city or metropolis. This is the best way to remember SardarSaheb, because he worked for the unity of our nation throughout his lifetime. I urge you all that on October 31, through 'Run for Unity', to strengthen our efforts and bind every section of the society as a unified unit. This will be a great tribute to Sardar Sahib.

My dear countrymen, be it Navratri, Durgapuja or Vijayadashmi, I offer all my heartfelt greetings to all of you on account of these holy festivals.

Thank you

28 October, 2018

My dear countrymen, Namaskar. The 31st of October is the birth anniversary of our beloved Sardar Vallabhbhai Patel. This year too, the youth of the country is all set, to take part in the 'Run for Unity'. The weather too these days is pleasant. I urge you to participate in the largest possible numbers in this run for unity. Six months or so before Independence, on the 27th of January, 1947, the world – famous international Magazine 'Time' had a photograph of Sardar Patel on the cover page of that edition. In their lead story, they had depicted a map of India; it was nowhere close to what the map looks like now. It was the map of an India that was divided into myriad fragments. There existed over 550 princely states. The English had lost interest in India; they wanted to leave India fragmented into pieces. Time Magazine had opined that hovering over India then were the dangers of problems like partition, violence, food scarcity, price rise and power-politics. The magazine further observed that amidst that plethora of problems, if there was anyone who possessed the capability to unite the country and heal wounds, it was Sardar Vallabhbhai Patel. The story also brings to the fore other aspects of the life of the Iron Man of India… the manner in which he had managed relief operations during the

Ahmedabad floods in the 1920s; the way he steered the BardoliSatyagrah. Such was his sense of honesty & commitment that the farmer, the worker right up to the industrialist trusted him with full faith. Gandhiji considered Sardar Patel as the only one capable of finding a lasting solution to the vexed issue of the states and asked him to act. Sardar Patel formulated solutions one by one, weaving the warp & weft of unity on the axis of a single thread. He ensured the merger of all princely states with the Dominion of India. Whether Junagadh, Hyderabad, Travancore, or for that matter the princely states of Rajasthan, if we are able to see a United India now, it was entirely on account of the sagacity & strategic wisdom of Sardar Patel. It is but natural for us to solemnly remember SardarVallabhbhai Patel as we exalt the spirit of unity that binds our Nation, our Mother India. The 31st of October this year will be special on one more account- on this day, we shall dedicate the statue of unity of the nation as a true tribute to Sardar Patel. Erected on the banks of river Narmada in Gujarat, the structure is twice the height of the Statue of Liberty. This is the world's tallest scyscraping statue. Every Indian will now be proud to see the world's tallest statue here on Indian soil. Sardar Patel, a true son of the soil will adorn our skies too. I hope every Indian being will swell with pride on this remarkable feat of mother India… and will sing paeans of glory in its praise with the head held high. Of course, the inner wish to visit the statue of unity will come naturally to every Indian. I am sure this will turn out to be a described destination for one & all across the country.

My dear brothers & sisters, we celebrated 'Infantry Day' yesterday. I respectfully bow before all of them who are part of the Indian Armed Forces. I also salute the families of our soldiers. But, do you know why we Indian citizens commemorate this day as Infantry Day? This is the very day when Indian Forces landed in Kashmir and saved the valley from the clutches of aggression. This incident too is directly related to SardarVallabhbhai Patel. I was reading an old

interview with the celebrated Army officer samManekshaw. In that interview, field Marshal Sam Manekshaw was reminiscing on times when he was a Colonel. Around this time, military operations commenced in Kashmir. Field Marshal Manekshaw has mentioned how in a meeting,SardarVallabhbhai Patel was irked on the delay in sending troops to Kashmir During the proceedings, Sardar Patel gave him a characteristic glance and reiterated that there should be no delay in our Army operation and that a solution should be sought swiftly. And immediately after that, our troops flew to Kashmir… we've seen how our Army was successful. The 31st of October also is the death anniversary of our former Prime Minister Indira Gandhi. Our respectful tributes to Indira ji too.

My dear countrymen, who doesn't love sports? Elements like spirit, strength, skill, stamina are extremely important in the world of sports. They are the ultimate test for a sportsperson's mettle… all four of these virtues form the core foundation of nation – building universally. If the youth of a country possess these qualities, that country will progress not only in areas such as Economy and Science & Technology but also bring laurels home in the field of sports. Just recently I had two memorable meetings. First, I got an opportunity to meet our Para Athletes who participated in the Asian Para Games 2018 held at Jakarta. These athletes bagged a tally of 72 medals, creating a new, unprecedented record, bringing glory to the nation. I was fortunate to get an opportunity to meet all these talented athletes personally. I congratulated them. Their grit & determination; their resolve to overcome all odds in the path of success is indeed inspiring for all our countrymen. Similarly, I was blessed with a chance to meet our winners of the Summer youth Olympics 2018 held in Argentina. You will be pleased to know that in the Summer Youth Olympics 2018, the performance of our youth was the best ever. At this event we won 13 medals besides 3 in mixed events. You may recall that even, in the recent Asian Games, India's performance was

par excellence. Have you observed the way I have frequently used terms such as 'the best ever' or 'new, unprecedented record'? This is the real story of Indian Sports which are witnessing an upswing with each passing day. India is setting new records not just in the field of sports but also in hitherto uncharted areas. To give you an example, I would like to mention about Para Athlete Narayan Thakur, who won a gold medal for the country in the 2018 Para Asian Games. He is a Divyang by birth. When he turned eight he lost his father. Then he spent another eight years in an orphanage. After leaving the orphanage, he eked out a living cleaning DTC buses and working as waiter at roadside eateries. The same Narayan is winning medals for India at International events. Not just that, just observe the rapidly enhancing levels of excellence in Indian sports !Hitherto, India had never won a medal in a Judo event, at the junior or senior level. But Tabaabi Devi created history by bagging the silver medal at the youth Olympics. 16 year old player Tabaabi Devi hails from a village in Manipur. Her father is a labourer and mother a fish-seller. There were times when the family had no money to buy food. Even such hardships were not able to cow down her zest & devotion. And she has created history by winning a medal for the country. Stories like these are innumerable. Every life, every being is a source of inspiration. Every young sportsperson's passion & dedication is the hallmark of New India.

My dear countrymen, you may recall that we had successfully organized FIFA Under- 17 World Cup in the year2017. The whole world acclaimed this as a very successful tournament. FIFA Under -17 World Cup had created a record in terms of the number of viewers on the ground. More than 12 lakh enthusiasts enjoyed the romance of Football matches in various stadia across the country and boosted the morale of the young players. This year also, we have been fortunate to be the hosts of the Men's Hockey World Cup 2018 in Bhubaneshwar. The Hockey World Cup will commence on the 28th November to be concluded on the

16th December. Each Indian who plays any game or has interest in any game has a definite interest in Hockey. India has a golden history in Hockey. India has won gold medals in various tournaments and has been the World Champion once. India has produced many great hockey players. Whenever there will be reference to Hockey,the story will remain incomplete without a mention of these legends. Hockey maestro Major Dhyan Chand is a renowned name all over the world. Then, from Balbeer Singh Senior, Leslie Claudius, Mohammad Shahid, Udham Singh to Dhan Raj Pillai, Indian Hockey has had a very long journey. Even today, players of Team India are encouraging the younger generation through their hard work and focused attention.

It is a good chance for the sport lovers to witness closely contested matches. Go to Bhubaneshwar and cheer up the Indian team and also encourage each team there. Odisha has a dignified historical background and has a very rich cultural tradition. People of the state are full of warmth. This is a chance for the sports lovers to see Odisha. They can visit the world famous holy places like the Sun Temple of Konark, Lord Jagannath Temple in Puri and Chilka Lake along with enjoying the games there. I convey my best wishes to our Men's Hockey Team for this tournament and assure them that 125 crore Indians are supporting them. I also convey my wishes to all the teams from around the world coming to participate in the tournament.

My dear countrymen, the way people are coming forward and volunteering for social works is really inspirational and encouraging for all our countrymen. “Service is Supreme” has been India's tradition since centuries and we can feel the scent of this tradition in each and every sector today as well. But, in this new era, the new generation is coming forward in a new way with a fresh vigour and spirit to fulfill their new dream. Recently, I attended a programme where a portal was launched, its name

is 'Self 4 Society', MyGov and the IT and Electronics industry of the country have launched this portal with a view to motivating their employees for social activities and providing them with opportunities to perform in this field. Their dedication and vigour can make each Indian feel proud. A fresh and pleasant air of IT to society, We-not I, a transformation from the individual to the community is imbibed in this. Someone is teaching the old people; someone is involved in the campaign of cleanliness whereas someone is helping out the farmers. And there is no vested interest behind all these activities but a pure feeling of dedication and resolve is the driving force. One young person learned to play wheelchair basket ball in order to be able to help the wheelchair basket ball team of differently abled, divyang players. This spirit, this dedication is a mission mode activity. Will this not make every Indian feel proud. This spirit of 'We, not I' will surely inspire all of us.

My dear brothers and sisters, when I was going through your suggestion for Mann Ki Baat this time, I found a very interesting comment from Shri Manish Mahapatra from Pudducherry. He wrote on Mygov- Please take up the topic "in Mann Ki Baat" as to how the tribes and their traditions and rituals are the best examples of coexistence with the nature. How do we need to adopt their traditions in our lives for achieving sustainable development and learn from those traditions?Manishji, I appreciate you for bringing this subject among the listeners of Mann Ki Baat. This is one subject that inspires us to look into our dignified past and our ancient traditions, Today, the whole world and specially the western countries are discussing about environment protection and are trying to find new ways to adopt a balanced life style. Our country is also facing this problem. But, for its solution we only have to look inwards, to look into our glorious past and our rich traditions and have especially to understand the lifestyle of our tribal communities. To live in consonance and closed coordination with the nature has been an integral part

of our tribal communities. Our tribal brethren worship trees and plants and flowers like gods and goddesses. The Bhil tribes of Central India and specially those in Madhya Pradesh and Chhattisgarh worship Peepal and Arjun trees religiously. TheBishnoi community in the desert land of Rajasthan has shown us a way of environment protection. Specially, in the context of serving trees, they prefer laying down their lives but cannot tolerate any harm to a single tree. Mishmi tribes of Arunachal Pradesh claim their relationship with tigers. They even treat them like their brothers and sisters. In Nagaland as well, tigers are seen as the forest guardians. People of Warli Community in Maharashtra consider tigers as their guests and for them the presence of tigers is a good omen indicating prosperity. There is a belief among the Kol community in Central India that their fortune is directly connected with the tigers and they firmly believe that if the tigers do not get food, the villagers will have to facehunger . The Gond tribes in Central Indai stop fishing in some parts of Kaithan river during the breeding season. They consider this area as a fish reserve and they get plentiful of healthy fishes because of this belief of theirs. Tribal communities make their dwelling units from natural material which are strong as well as eco-friendly. In the isolated regions of the Nilgiri plateau in South India, a small wanderer community Toda make their settlements using locally available material only.

My dear brothers and sisters, this is a fact that the tribal community believes in very peaceful and harmonious co-existence but, if somebody tries to harm and cause damage to their natural resources, they do not shy away from fighting for their rights. There is no wonder that our foremost freedom fighters were the brave people from our tribal communities. Who can forget BhagwanBirsaMunda who struggled hard against the British Empire to save their own forest land. Besides whatever I have said, there is a very long list of examples of the tribal communities which teach us how to keep a close coordination and make adjustments with the

nature and the nation is indebted to our tribal people for the forest land that is still remaining with us. Come on, let us express our gratitude towards them.

My dear countrymen, in “Mann Ki Baat”, we talk about those persons and institutions who make extra-ordinary contribution for the society. These works may seem small but have a very deep impact in changing our thinking and in giving a new direction to the society. A few days ago, I was reading about a farmer brother Gurbachan Singh from Punjab. The son of this hard working farmer Gurbachan Singh ji was to be married. Gurbachan Singh ji had told the bride's parents that the marriage would be performed in a solemn manner. There is absolutely no need to spend much on wedding reception or any other item. We have to keep it a very very simple event. But then he suddenly said that he had one condition. And, when a condition is put these days, generally it is thought that the other side is going to make a big demand which will be really difficult for the bride's family to fulfill. But, you will be surprised to know that Bhai Gurbachan Singh was a simple farmer and what he told the bride's father and the condition he placed reflects the true strength of our society. Gurbachan Singh ji asked him to promise that they will not burn parali or stubble in their fields. You can well imagine the social strength this statement had. This point made by Gurbachan Singh ji appears quite ordinary but this reveals how tall and strong his personality is and we have seen that there are many families in our society who connect their individual matters with the benefit of the society as a whole. ShrimanGurbachan Singh ji's family has presented one such example before us. I have also read about a village KallarMajra which is near Nabha in Punjab. KallarMajra came into lime light as the farmers there mix the stubble with the sand by ploughing their fields rather than burning the stubble and adopt the necessary technology for the process. Congratulations to bhaiGurbachan Singh ji ! Congratulations to the people of KallarMajra and of all those places who are

making their best efforts to keep the environment clean and pollution free. All of you are carrying forward the Indian tradition of a healthy life style as a true successor. Just as a sea is formed by collection of tiny drops, similarly,a small constructive step, plays a vital role in creating a positive environment.

My dear countrymen, it has been told in our epics:-

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It means- O, Lord, peace should prevail all around in all three “Lokas”,in water, in air, in space, in fire, in wind, in medicines, in vegetation, in gardens, in sub conscious, in the whole creation. Grant peace to each soul, each heart, in me, in you, in every particle and everywhere in the Universe. Om Shanti: Shanti: Shanti:.

Wherever there will be a talk of world peace, India's name and contribution will be written in golden letters. For India, 11th of November this year has a special significance because on 11thNovember a hundred years back the World War I had ended. Ending of that war is completing one hundred years meaning thereby that a century of ending of the vast devastation and human loss would also get completed. For India, World War I was an important event. Rightly speaking we had no direct connection with that war. Despite this, our soldiers fought bravely and played a very big role and made the supreme sacrifice. Indian soldiers showed it to the world that they are second to none if it comes to war. Our soldiers have displayed great valour in difficult areas and adverse conditions. There has just been a single objective behind it- Restoration of peace. The world witnessed a dance of death and devastation during the World War I; According to

estimates, around one crore soldiers and almost the same number of civilians lost their lives. This made the whole world realize and understand the importance of peace. The definition of peace has changed in the last hundred years. Today, peace does not only mean 'no war'. There is a need to work unitedly to address issues such as terrorism, climate change, economic development to social justice through universal cooperation and co-ordination. Development of the poorest of the poor is the real indicator of peace.

My dear countrymen, our North-East has a unique distinction of its own. The natural beauty of North –East has no parallel and the people of this area are extremely talented. Now our North-east is also known for all best deeds. North east is one region that has made grand progress in organic farming. A few days ago Sikkim won the prestigious Future Policy Gold Award, 2018 for encouraging the sustainable food system. This award is given by the UN body 'Food & Agriculture Organisation' – FAO. You will be delighted to know that this best policy making award is equivalent to an Oscar in the sector. Not only this, our Sikkim outperformed 51 nominated policies of 25 countries to win this award. For this, I heartily compliment the people of Sikkim.

My dear countrymen, October is about to end. Quite a change is being felt in the weather. Winter has set in and with the changing weather, the season of festivals has also set in – Dhanteras, Deepawali, BhaiyaDooj, Chhatth – in a way it can be said that the month of November is the month of festivals. I extend my best wishes to all countrymen for these festivals.

I would request all of you to take best care of yourselves and take care of your health as well and also take care of social interests. I am sure these festivals are an opportunity to make new resolves. These festivals prove a chance to advance in a mission mode and to make firm resolves in your life. Your progress is a vital part of the country's progress. The more you progress, the more will the country progress. My best wishes to you all. Thank you very very much.

25 November, 2018

My dear countrymen, Namaskar. On the 3rd of October, 2014, the pious occasion of Vijayadashmi, we embarked upon a journey together through the medium of 'Mann Ki Baat'. This journey has reached its 50th episode today. Thus, this Golden Jubilee Episode is indeed gilt-edged in every sense of the term. Your letters and phone calls this time pertain mostly to these 50 episodes. Anshu Kumar & Amar Kumar from Delhi on Mygov, Vikas Yadav from Patna; on similar lines Monica Jain from Delhi, Prosenjit Sarkar from Bardhaman, West Bengal and Sangeeta Shastri from Nagpur converge in asking a shared question. They are of the view that broadly speaking, their Prime Minister being associated with the latest in technology, Social Media and Mobile Apps; WHY did he choose radio as a medium to connect with his countrymen? Your curiosity is but natural; in this age when Radio was fading into oblivion, why did Modi opt for the airwaves? Let me quote an incident. The year was 1998. I was then a party worker with the Bharatiya Janata Party organization in Himachal. It was the month of May; and I was travelling to a certain place. Evenings tend to get cold in the hilly terrain of Himachal Pradesh, and I stopped by at a wayside tea stall and placed an order for tea. It was a tiny

joint; there was only one person who would make & serve tea. He was not even adequately clad; it was a standalone kiosk on the edge of the road. He first picked up a Laddoo from a glass container, offered the sweetmeat to me & said, “Sir, eat this before the tea get ready”. I was taken aback and asked him “What is the matter? Is it in celebration of an occasion like a wedding?” He replied, “No brother, nothing like that! Don't you know? It's a momentous, joyous occasion”. On seeing his rather jubilant exuberance, I asked him, “But what exactly happened?” And he replied, “India has exploded the bomb today!” I exclaimed, “India has exploded the bomb! I don't get it!” Said he “Sir, just listen to the radio”. Indeed, that exactly was the topic of discussion on the radio. It was then that he elaborated on how on the day of the nuclear test, the then Prime Minister Atal Bihari Vajpayee had announced to the Media and how he broke into a dance on listening to it on the radio. It was matter of great intrigue to me to see a lone tea seller in a remote, snow – clad hilly place,who possibly kept listening to the radio the entire day… watching that particular effect of the news on radio led me to realize & internalise that this was a medium that was truly connected with the masses… and that it was a mighty means of getting across.

In terms of the reach & depth of communication, radio has been incomparable. I have been nursing that feeling ever since, acknowledging its power & strength. Hence when I became the Prime Minister, it was natural for me to turn towards a strong, effective medium. And in 2014, when I took charge as the Pradhan Sevak, Principal Servant, it was my wish to reach out to the masses with the glorious saga of our country's unity, her grand history, her valour, India's diversity, our cultural diversity, virtues embedded in our society such as Purusharth, Tapasya, Passion & sacrifice; in a nutshell, the great story of India. From remote villages to Metro cities, from farmers to young professionals … the array just prompted me to embark upon this journey of 'Mann Ki Baat'.

Every month, we would read letters to the tune of lakhs, listen to phone calls, watch comments on the App &Mygov. Weaving a common thread comprising them all into a fabric of informal conversation, we have been able to travel together, over this rather long distance of 50 episodes. Recently, All India Radio got a survey done on 'Mann Ki Baat'. I came across some feedback that is very interesting. Out of the designated sample in the survey, 70% of respondents on an average happen to be listeners who regularly tune in to "Mann Ki Baat'. Most people believe that the greatest contribution of 'Mann Ki Baat' has been the enhancement of a feeling of positivity in our society. The medium of 'Mann Ki Baat' has promoted many a mass revolution. #indiapositive has been the subject of quite an extensive discussion. This is an exemplary glimpse of the feeling of positivity, innate to our countrymen. People have shared their experiences, conveying the rise of selfless volunteerism as a consequence of 'Mann Ki Baat'. It is a change where people are increasingly willing to contribute for the sake of service to society. I am overjoyed on account of the fact that through 'Mann Ki Baat', radio is rising as a popular medium, more than ever before. But it's not about just radio… people are connecting with this programme and ensuring their participation through T.V., FM Radio, Mobile, Internet, Facebook Live; along with periscope, through the NarendraModiApp too. I express my gratitude to the entire family of 'Mann Ki Baat' for being a part of it & trusting it wholeheartedly.

PHONE CALL-1

Thank you very much for your phone call. Your apprehension is not misplaced. The fact is, if a leader gets hold of a microphone with assured listeners to the tune of millions, what else does he need? Significantly, some young friends have attempted a study on the myriad subjects touched upon, over the many episodes of 'Mann Ki Baat'.

They did a lexical analysis of all the episodes to calculate the frequency of occurrence of particular words; whether there were some words that were oft-repeated! One of their findings was that, this programme has remained apolitical. When 'Mann Ki Baat' commenced, I had firmly decided that it would carry nothing political, or any praise for the Government, nor Modi for that matter anywhere. The greatest bulwark in ensuring adherence to my resolve; in fact my highest inspiration, have been you. As a run up to each episode of 'Mann Ki Baat', the expectations & aspirations of listeners through their letters, online comments & phone calls are crystal clear. Modi may come and go, but this country will never let go of its UNITY & permanence, our culture will always be immortal. These minute stories encompassing a 130 crore countrymen will always stay alive. This new inspiration & zest will keep taking her to greater heights. At times, when I look back, I am taken aback. Sometimes people who write in from different corners of the country say, "We should not haggle beyond limits with marginal shopkeepers, auto drivers, vegetable sellers et al". I read a letter & then try to weave it with the essence of a similar letter. I would like to share a couple of personal experiences with you … who knows how soon these will reach our families; who knows when social media will circulate them to usher in a revolution!. The stories that you've sent across in the context of cleanliness, myriad examples of common folk… you never know where a tiny brand ambassador of cleanliness comes into being in various homes; someone who reprimands elders at home; or even admonishingly orders the Prime Minister through a phone call!

Who would have imagined that a small campaign "selfie with daughter"starting from a small village in Haryana would spread not only throughout the country but also across other countries as well. Every section of the society including celebrities joined in to ignite a process of transformation in a new modern language of change that the present generation

understands and follows. At times Mann Ki Baat is also sneered at but 130 crore countrymen ever occupy a special pleace in my heart. Their heartsand my heart beat to the same rhythm. Mann Ki Baat is not about the Government it is about the society. Mann Ki Baat addresses an aspirational India, an ambitious India. Politics or Political Power are not intrinsic to the Indian ethos; on the contrary social values and society are. In fact, Politics is one of the numerous other aspects of social life. Making politics an all pervasive, powerful factor is not an effective way for a healthy society. At times, political developments and political people assume such overriding prominence that other talents and courageous deeds get overshadowed. For ensuring a bright future for a country such as India, it isour collective responsibility to acknowledge and honour the common man's talent and deeds and Mann Ki Baat is a humble and modest effort in this direction.

PHONE CALL- 2 (PROMITA)

Manythanks for your phone call. In a way your question were the a personal,amiable touch. I believe that the biggest achievement of the 50 episodes of Mann Ki Baat is that one feels like talking to a close acquaintance and not to the Prime Minister, and this is true democracy. If I reply to the question asked by you straightaway then I will say that I do not make any preparation. Actually, Mann Ki Baat is a very simpletask for me. Every time before Mann Ki Baat, letters are received from people; people share their ideas and view points on Mygov and Narendra Modi Mobile App and there is also a toll free number – 1800117800;and by calling on this number, people record messages in their own voice. My effort is that I read the maximum number of these letters and comments myself before Mann Ki Baat. I listen to many phone calls too. Andas the episode of Mann Ki Baat draws closer, I read ideas and inputs sent by you very minutely while travelling.

My countrymen stay in my heart every moment and that is how the writer's situation and ideas expressed in the letter

become part of my thought process. That letter does not remain a mere a piece of paper for me.As it is I have spent close to 40 to 45 years as a travelling mendicant and have been to most of the districts in our country including the remotest once where I spent a lot of time.That is why I am able to relate myself to the place and context of the letter. Then, I note down facts like the name of the village and of the person. Honestly speaking, Mann Ki Baat carries my voice but the examples, emotions and spirit represent my countrymen, I thank every person contributing to Mann Ki Baat. There are lakhs of persons whose names I have not been able to include in Mann Ki Baat but without any disappointment,they continue to sendin their letters and comments. I firmly believe that your ideas and your views will continue reaching me in even greater numbers and will help make Mann Ki Baat more interesting, effective and useful. An effort is also made that the concerned department should pay attention to such letters and comments which, somehow, could not be included in Mann Ki Baat. I also thank my colleagues from All India Radio, FM Radio, Doordarshan, other TV Channels and the Social Media. It is due to their hard work that Mann Ki Baat reaches maximum number of people. The team from All India Radio prepares each episode for broadcast in a number of regional languages. Some of them very aptly narrate in a voice and style resembling that of Modi's.In this way for those 30 minutes they become Narendra Modi. I congratulate and thank those persons for their talent and skills. I would request all of you also to kindly listen to this programme in your regional language as well. I sincerely thank from the core of my heart my friends in the media who regularly telecast Mann Ki Baat on their channels. No political person is ever happy with the media, he feels that he is getting a very little coverage or the coverage given to him is negative.But many issues raised in Mann Ki Baat have been adopted by the media. Issues such as cleanliness, Road safety, drugs free India, selfie with daughter have been taken up by the media and turn

into campaigns. TV channels made it the most watched radio programme – I sincerely thank and congratulate the media. Without your contribution and cooperation, this journey of Mann Ki Baat would have been incomplete.

PHONE CALL- 3 (NIDHI BAHUGUNA)

Nidhi ji, many thanks for your phone call! To tell you the truth, I have no such secret. What I am doing must be happening in families as well. In simple words, I may say that I try to cast myself into the mould of that young man, and put myself under his conditions and try to adjust and match the wave length accordingly. There are old baggage's of our own lives and when they do not come in the way, it becomes easier to understand others. Sometimes our inhibitions or prejudices become a big hurdle in communication. I prefer to understand the other man's point of view rather than going through the process of acceptance, rejection and reaction. My experience has been that by adopting this approach, the other side also tries to come to our wave length rather than arguing or creating pressure in order to convince thereby removing the communication gap and both sides become co-travelers in our journey of idea-sharing. None of the two even realizes that how and when one other's has abandoned its idea and accepted and owned the idea of the other side.

Today's youths have this special quality that they won't do anything which they do not believe themselves and whenever they believe in something, they follow that leaving everything else. People generally talk of a communication gap between the elders and teenagers in the family. In fact, the scope of discussion with teenagers is quite limited in most of the families. Most of the time these talks remain limited to studies, habits or life style and the “do's” and “don'ts”. An open discussion without any expectations is gradually on the decline and this too is a matter of concern.

Communication will be more effective if we “accept”

instead of “expect” and “discuss” instead of “dismiss”. My effort is to have a continuous dialogue with the youth in various programmes or through social media. I try to learn from whatever they are doing or whatever they are thinking. They are storehouse of ideas. They are extremely energetic, innovative and focused. I try to share the efforts and achievements of the youth as much as possible through “Mann Ki Baat”. There is a general complaint that the younger generation asks too many questions. I say it is good that the youth ask questions.

It is good as it shows that they want to analyse everything from its very root. Some people say that the youth do not have patience but my belief is that the youth do not have any time to waste- this is the point which helps the present day youth become more innovative because they want to accomplish things quickly. We feel that the youths are very ambitious today and they plan big. I feel it is good, dream big and achieve bigger successes; after all, this is “the New India”. Some people say that the younger generation wants to accomplish a many things at a time. I say what is wrong in it. They do so because they are adept in multitasking. If we just look around, we find that it is the youth who are bringing in transformation of society in a big way, may it be social entrepreneurship, start-ups, sports or any other field. Those youth who have dared to ask questions and have had the courage to dream big. If we put these ideas of our youthinto practice and provide them conducive environment to express themselves, they surely will bring about a constructive and a positive change in the country- they are already doing so.

My dear countrymen, Vineeta ji from Gurugram- has posted on MyGov that in Mann Ki Baat I should talk about the “Constitution Day” which falls on the26th November. She says that this day is special because we are going to enter into the 70th year of our Constitution adoption. Thank you very much for your suggestion Vineeta ji.

Yes, tomorrow is the Constitution Day. A day to remember those great personalities who drafted our Constitution. Our Constitution was adopted on 26th November, 1949. The Constituent Assembly took 2 years 11 months and 17 days to accomplish this stupendous task of drafting the Constitution. Just imagine, these luminaries gave us such a comprehensive and detailed Constitution within a period of just less than 3 years. The extraordinary pace at which they drafted the Constitution is an example of Time Management and productivity to emulate even today. This also inspires us to accomplish our responsibilities within a record time. The Constituent Assembly was an amalgamation of the great talents of the country, each one of them was committed to provide a Constitution to the country which empowers the people of India and enriches even the poorest of the poor.

The unique point in our Constitution is that the rights and duties have been very comprehensively detailed. A balance between these two in the lives of our citizens will take our nation forward. If we respect the rights of others, our rights will automatically get protected and similarly if we fulfill our duties, then also our rights will get automatically protected. I still remember that in 2010 when 60 years of the adoption of the Constitution were being celebrated, we had taken out a procession by placing our Constitution atop an elephant. This has been a memorable incident to increase awareness about our Constitution among the youth and to connect them to the various aspects of the Constitution. In the year 2020, we shall complete 70 years as a Republic and in 2022, we shall enter 75th year of our Independence.

Let us all take forward the values enshrined in our Constitution and ensure Peace, Progress and Prosperity in our country.

My dear countrymen, while talking about the Constituent Assembly, the contribution of that great man

cannot be forgotten who played a pivotal role in the Constituent Assembly. This great man was none other than our revered Dr. Baba Saheb Ambedkar. His death anniversary or mahaparirvan divas falls on 6th December. I, on behalf of all countrymen, pay my homage to Baba Saheb who gave the right to live with dignity to crores of Indians. Democracy was embedded deep in Baba Saheb's nature and he used to say that India's democratic values have not been imported from outside. What is a republic and what is a parliamentary system- are nothing new to India. He had made a very moving appeal in the Constituent Assembly that we have to safeguard our hard fought democracy till the last drop of our blood. He also used to say that we, Indians may be from different background but, yes, we shall have to keep the national interest above all the other things. “India First” was the basic doctrine of Dr. Baba Saheb Ambedkar. Once again my humble tribute to revered Baba Saheb.

My dear countrymen, two days back on 23rd November, we all celebrated Shri Guru Nanak Dev Jayanti and next year in 2019 we shall be celebrating his 550th Prakash Parv. Guru Nanak Dev Ji always envisaged the welfare of entire humanity. He always showed the path of truth, work, service, kindness and amity to the society. The country will observe Guru Nahak Dev Ji's 550th birth anniversary in a grand way, its soothing colours will not only spread in India alone but will get sprinkled the world over. All states and Union Territories have been requested to celebrate the occasion in a grand manner. Guru Nanak Dev Ji's 550th Prakash Parv will be celebrated in a similar manner in all the countries of the world as well. Besides, a train will be run on a route joining all the holy places connected with Guru Nanak Dev ji. Recently, while holding a meeting in this regard I remembered about of Lakhpat Saheb Gurudwara. This Gurudwara suffered severe damage due to the devastating earth quake of 2001 in Gujarat. But, the manner in which the local people joined hands with the state Government in renovating it, is an example even

today.

The Government of India has taken a significant decision of building Kartarpur corridor so that our countrymen could easily visit Kartarpur in Pakistan to pay homage to Guru Nanak Dev Ji at that holy sight.

My dear countrymen, we shall meet once again in the next episode after this 50th episode of Mann Ki Baat and I am sure that in this episode of Mann Ki Baat today I got an opportunity for the first time to talk to you about the spirit behind this programme because of your questions. But our journey shall continue. The more you connect with us, our journey will gain greater depth, providing, satisfaction to one and all. At times a question arises in the minds of people's as to what I achieved through Mann Ki Baat. I would like to say today that of the feedback of this programme, one of the points that touches my heart most- is when people tell me that when we sit with all our family members to listen to Mann Ki Baat, we feel that the head of our family is sitting with us and sharing his ideas with us. When I heard this comment in a larger circle, I felt satisfied to know that I am yours, I am one amongst you, I am with you, you elevated me and in a way, and in this way I will continue to remain connected with you as a family member through Man Ki Baat. Your joys and sorrows are my joys and sorrows too; your expectations are my expectations also; your ambitions are my ambitions.

Come on, let us take this journey further.

Many many thanks.

Dr. Ashish Gupta is an acclaimed orthodontist with degrees from VPDC Sangli, Saveetha Dental College Chennai, and advanced qualifications from the Royal College of Surgeons, Edinburgh. He holds a PhD in Orthodontics and has been honored with fellowships from global dental academies. Recognized among India's Top 100 Doctors (2023), he was also featured in Forbes India (2021) and India Today's coffee table book on 75 Years of Independence (2024).

Dr. Gupta has been a professor, examiner, and international speaker at leading conferences worldwide. He has held key positions in the Indian Orthodontic Society, Indian Dental Association, and Don Bosco Alumni, Delhi Province. A pioneer in Invisalign and Lingual Orthodontics in India, he continues to contribute through research, publications, and leadership. Recently, he was conferred the Sushruta Health Award by Union Health Minister Shri Mansukh Mandaviya in 2024.

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