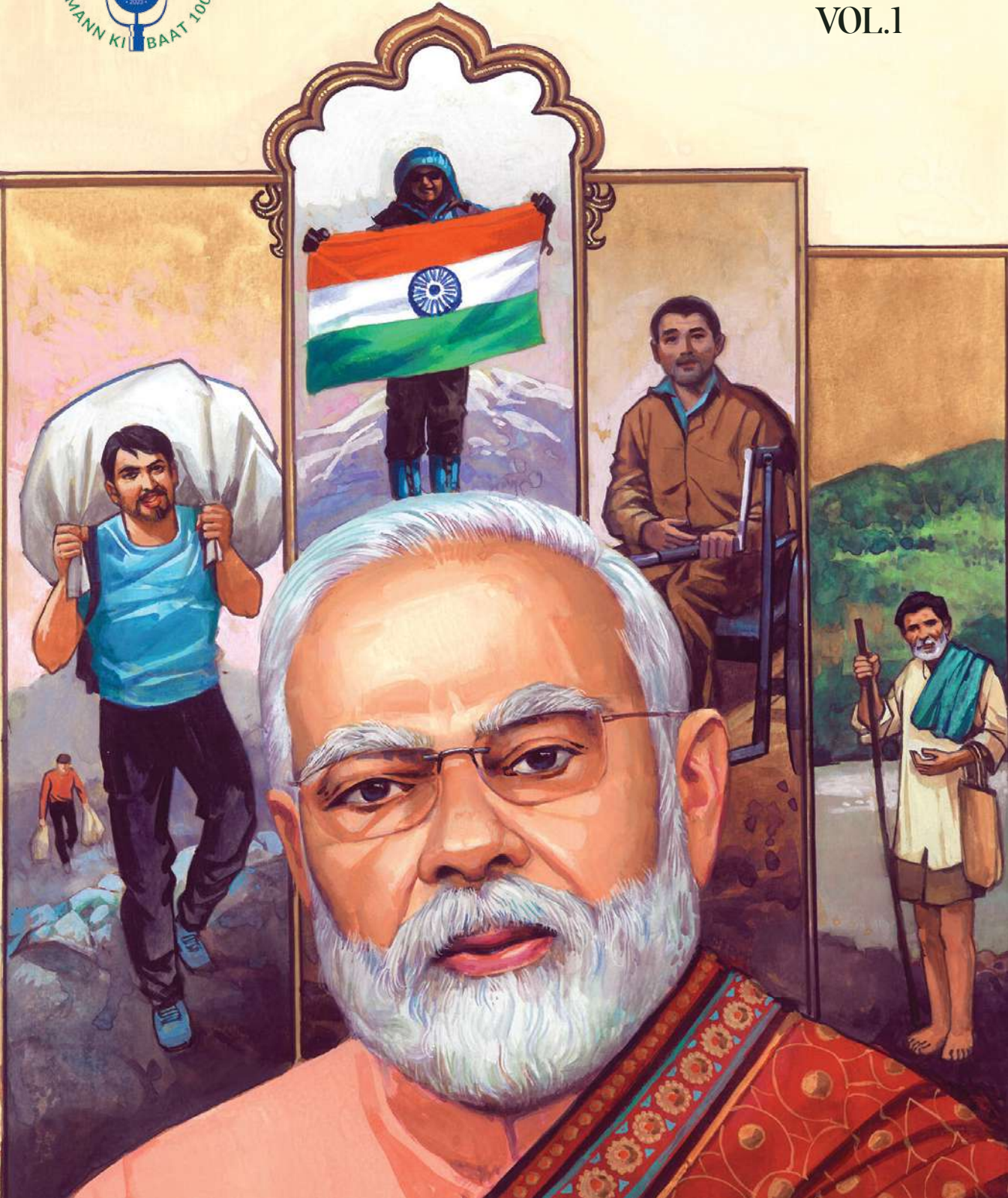




# MANN KI BAAT

VOL.1



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# MANN KI BAAT

VOL.1





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ON 3 OCTOBER, 2014, PRIME MINISTER NARENDRA MODI INTRODUCED SOMETHING VERY SPECIAL TO THE PEOPLE OF INDIA.

My dear fellow citizens of India, today, on the festive occasion of Vijayadashami, I want to share my thoughts with you. And I would like to continue to do so in the days to come, at least once or twice a month. Let me tell you a story that has been often told by Swami Vivekananda.



Once, a lioness was out with her two cubs when she saw a herd of sheep. She leapt forward to hunt the sheep. One of the cubs ran along with her while the other got left behind.

The cub who was left behind was found by a mother sheep and she started looking after him along with her own lambs. The cub grew up thinking he was one of them. He would speak like them, eat like them and run around and behave like them.

A few years later, the cub who had stayed with his mother and was now grown up, happened to see his brother living with the sheep. He could not believe his eyes and wondered why a lion was behaving like the sheep.

“What is the matter with you?” he asked. “Why are you talking and behaving like them?”

“I’ve grown up with them,” said the other lion. “They have brought me up so all my habits, my language and my behaviours are like theirs.”



“Come with me and I’ll show you who you really are,” said the first lion.

He took his brother to a well and made him look at their reflection.

“Look, isn’t your face the same as mine? You are a lion and not a sheep.”

The lion who had always thought of himself as a sheep was wonderstruck. He recognised himself as a lion. With new strength and sense of self-esteem, he threw back his head and roared like a true lion.

All of us in this country must regain our self-esteem and self-confidence. We must recognise our strengths. For if we do, we will be a progressive and prosperous nation.



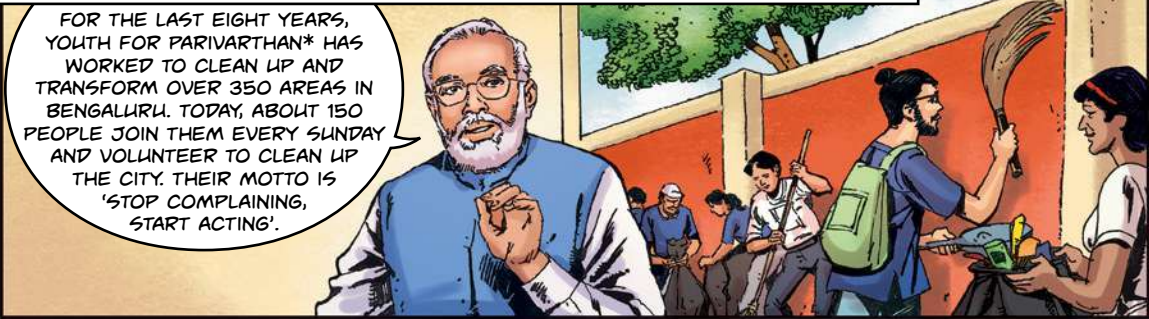


THROUGH THE YEARS, THE PRIME MINISTER BROUGHT TO THE FORE STORIES ABOUT GRASSROOT CHAMPIONS WHO, DESPITE BEING ORDINARY CITIZENS, WERE WORKING LIKE HEROES TO MAKE LIFE EASIER FOR THEIR FELLOWMEN AND FELLOW CREATURES.



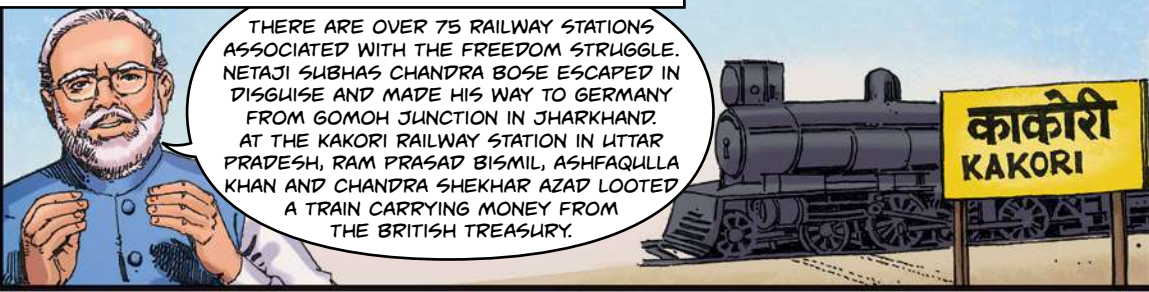
TODAY, LET ME TELL YOU ABOUT KAMEGOWDA FROM DASANNADODI VILLAGE IN KARNATAKA. A SHEPHERD WHO CREATED 16 PONDS BY HIMSELF SO THAT PEOPLE AND ANIMALS COULD FIND WATER DURING THE HOT SUMMER MONTHS.

HE HAS ALSO HIGHLIGHTED MANY GROUPS WORKING FOR THE BETTERMENT OF SOCIETY.



FOR THE LAST EIGHT YEARS, YOUTH FOR PARIVARTHAN\* HAS WORKED TO CLEAN UP AND TRANSFORM OVER 350 AREAS IN BENGALURU. TODAY, ABOUT 150 PEOPLE JOIN THEM EVERY SUNDAY AND VOLUNTEER TO CLEAN UP THE CITY. THEIR MOTTO IS 'STOP COMPLAINING, START ACTING'.

THE PRIME MINISTER HAS REMINDED HIS LISTENERS ABOUT THE TREMENDOUS SACRIFICES MADE BY FREEDOM FIGHTERS.



THERE ARE OVER 75 RAILWAY STATIONS ASSOCIATED WITH THE FREEDOM STRUGGLE. NETAJI SUBHAS CHANDRA BOSE ESCAPED IN DISGUISE AND MADE HIS WAY TO GERMANY FROM GOMOH JUNCTION IN JHARKHAND. AT THE KAKORI RAILWAY STATION IN UTTAR PRADESH, RAM PRASAD BISMIL, ASHFAQULLA KHAN AND CHANDRA SHEKHAR AZAD LOOTED A TRAIN CARRYING MONEY FROM THE BRITISH TREASURY.

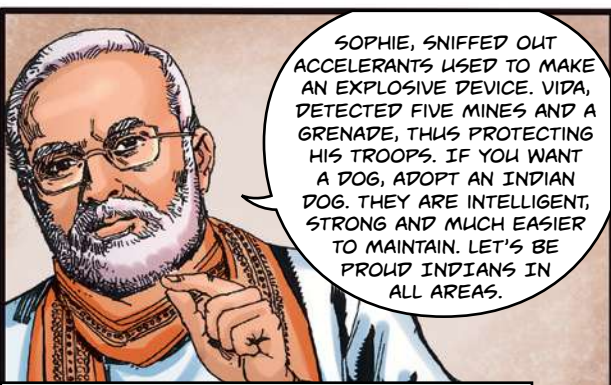
IN A VERY INTERESTING EPISODE, HE PRAISED TWO ARMY DOGS FOR PERFORMING THEIR DUTY FAITHFULLY.



SOPHIE, FROM THE SPECIAL FRONTIER FORCE



VIDA, FROM NORTHERN COMMAND



SOPHIE, SNIFFED OUT ACCELERANTS USED TO MAKE AN EXPLOSIVE DEVICE. VIDA, DETECTED FIVE MINES AND A GRENADE, THUS PROTECTING HIS TROOPS. IF YOU WANT A DOG, ADOPT AN INDIAN DOG. THEY ARE INTELLIGENT, STRONG AND MUCH EASIER TO MAINTAIN. LET'S BE PROUD INDIANS IN ALL AREAS.

MANN KI BAAT HAS COMPLETED 100 EPISODES. MANY PEOPLE HAVE BEEN LISTENING AND GAINING INSPIRATION FROM IT.

\*CHANGE



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# YOGESH SAINI

THERE WAS MUCH EXCITEMENT IN THE CLASSROOM.



NAIR SIR SAID THAT THE NEXT CLASS WOULD BE A SPECIAL ONE, IQBAL.

OH SHREYAS, I HOPE IT'S SOMETHING REALLY FUN, LIKE LEAPFROG OR KHO KHO OR...

BUT BEFORE IQBAL COULD COMPLETE HIS LIST —



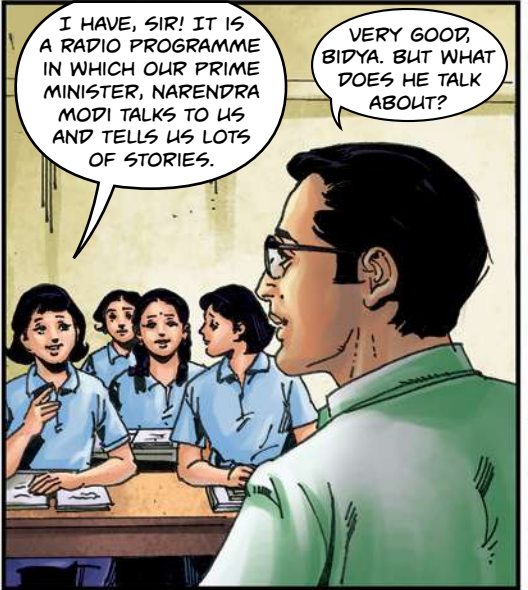
GOOD MORNING, CLASS.

GOOD MORNING, SIR!



SIR, WHAT ARE WE GOING TO DO TODAY?

LET ME ASK YOU A QUESTION, SHREYAS. HAVE YOU HEARD OF MANN KI BAA?



I HAVE, SIR! IT IS A RADIO PROGRAMME IN WHICH OUR PRIME MINISTER, NARENDRA MODI TALKS TO US AND TELLS US LOTS OF STORIES.

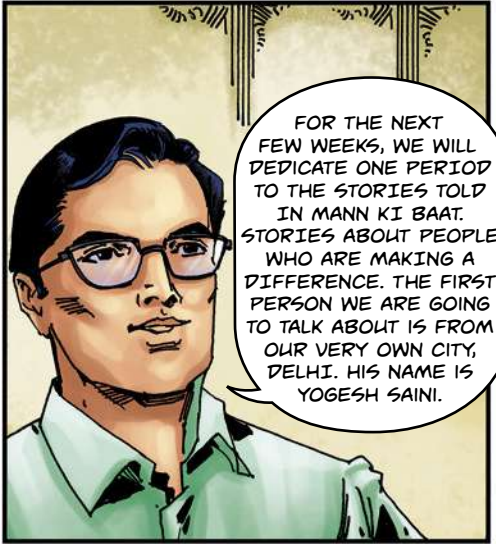
VERY GOOD, BIDYA. BUT WHAT DOES HE TALK ABOUT?



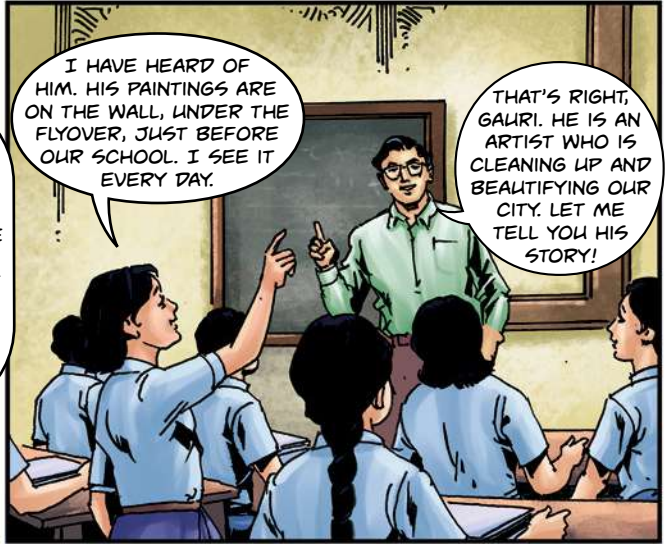
HE TALKS ABOUT INDIA AND THE PEOPLE HERE WHO ARE DOING AMAZING THINGS.

LAKSHMI, THAT IS ABSOLUTELY CORRECT.





FOR THE NEXT FEW WEEKS, WE WILL DEDICATE ONE PERIOD TO THE STORIES TOLD IN MANN KI BAAT. STORIES ABOUT PEOPLE WHO ARE MAKING A DIFFERENCE. THE FIRST PERSON WE ARE GOING TO TALK ABOUT IS FROM OUR VERY OWN CITY, DELHI. HIS NAME IS YOGESH SAINI.



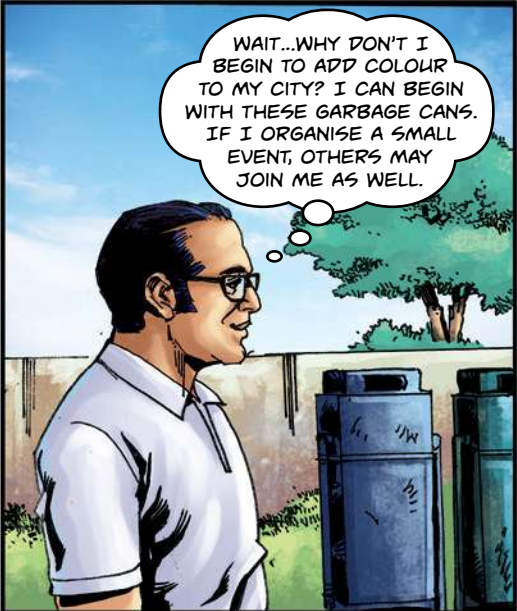
I HAVE HEARD OF HIM. HIS PAINTINGS ARE ON THE WALL, UNDER THE FLYOVER, JUST BEFORE OUR SCHOOL. I SEE IT EVERY DAY.

THAT'S RIGHT, GAURI. HE IS AN ARTIST WHO IS CLEANING UP AND BEAUTIFYING OUR CITY. LET ME TELL YOU HIS STORY!

YOGESH HAD RETURNED TO INDIA AFTER LIVING IN THE UNITED STATES OF AMERICA FOR ALMOST 20 YEARS. ONE DAY, HE WAS TAKING A WALK IN LODHI GARDENS.



WE HAVE SUCH BEAUTIFUL PUBLIC SPACES BUT MOST OF THEM LACK COLOUR. I WISH THE WORLD WAS BRIGHT AND COLOURFUL!



WAIT...WHY DON'T I BEGIN TO ADD COLOUR TO MY CITY? I CAN BEGIN WITH THESE GARBAGE CANS. IF I ORGANISE A SMALL EVENT, OTHERS MAY JOIN ME AS WELL.

OVER THE NEXT FEW DAYS, YOGESH GOT PERMISSION FROM THE NEW DELHI MUNICIPAL CORPORATION AND ORGANISED A 'STREET-ART SATURDAY'. BUT —



LOOKS LIKE IT IS JUST THE TWO OF US. LET'S BEGIN.



A FEW HOURS LATER —



IT LOOKS BEAUTIFUL! CAN'T BELIEVE THESE WERE ORDINARY GARBAGE CANS.

ANYTHING CAN BE A CANVAS IF WE WANT.

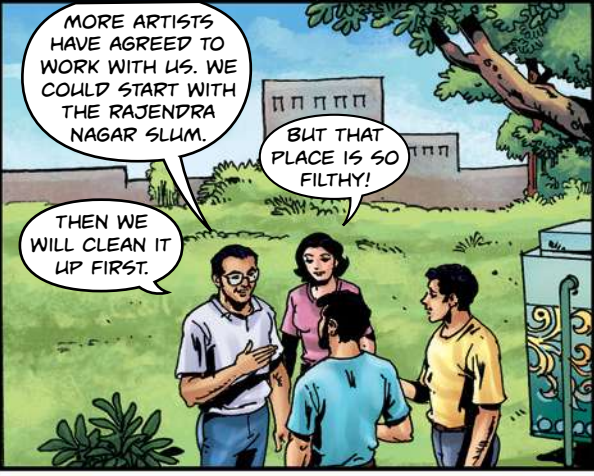
CAN WE JOIN YOU? WE LOVE ART!

FROM TWO VOLUNTEERS, IT GREW TO FOUR AND THEN TO EIGHT AND MORE.

YOGESH NAMED THE GROUP 'DELHI STREET ART' AND THEY SOON BEGAN TO DECORATE SMALL PUBLIC OBJECTS AROUND THE CITY. ONE DAY —



MAYBE WE SHOULD START PAINTING MURALS ON WALLS AS WELL.



MORE ARTISTS HAVE AGREED TO WORK WITH US. WE COULD START WITH THE RAJENDRA NAGAR SLUM.

BUT THAT PLACE IS SO FILTHY!

THEN WE WILL CLEAN IT UP FIRST.



WHAT ARE YOU PEOPLE DOING?

DON'T WORRY, FRIEND. WE ARE GOING TO MAKE YOUR SHOP AND THE HOUSES HERE LOOK BEAUTIFUL.

A FEW DAYS LATER —



DOESN'T THIS PLACE LOOK GOOD?

YES, OUR HOMES ARE LOOKING SO COLOURFUL NOW.



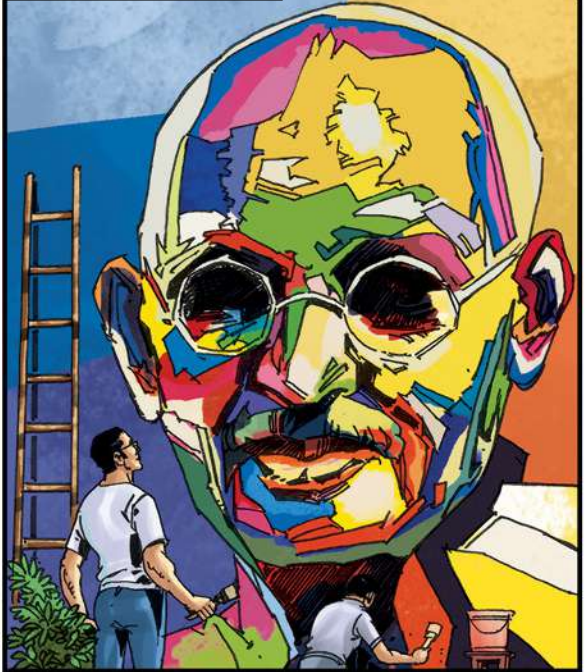


WITH EVERY MURAL, DELHI STREET ART BECAME INCREASINGLY POPULAR IN THE CITY.

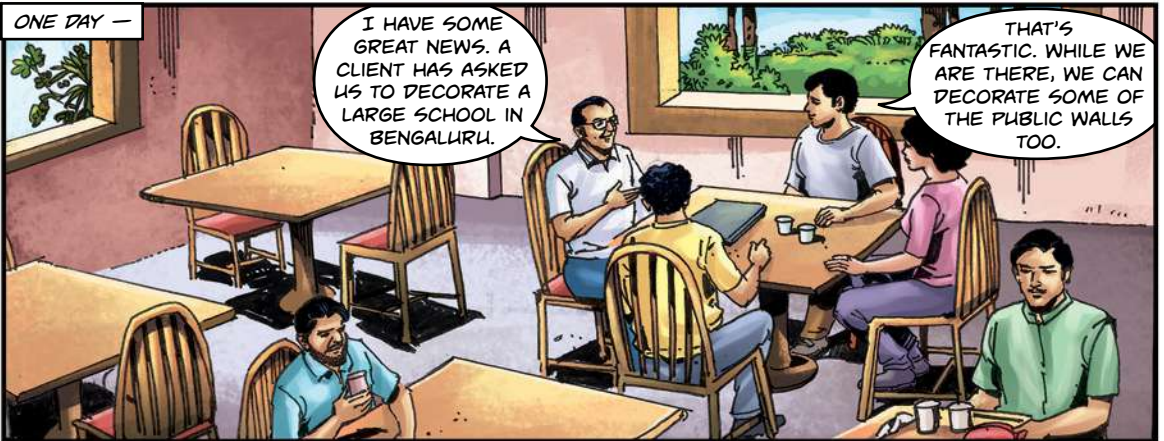


NEXT, I WANT TO DO A MURAL OF GANDHI JI.

AND SO, HE DID. UNDER YOGESH'S GUIDANCE, THE CITY SAW SOME REMARKABLE MURALS OF THE 'FATHER OF THE NATION'.



ONE DAY —



I HAVE SOME GREAT NEWS. A CLIENT HAS ASKED US TO DECORATE A LARGE SCHOOL IN BENGALURU.

THAT'S FANTASTIC. WHILE WE ARE THERE, WE CAN DECORATE SOME OF THE PUBLIC WALLS TOO.

THE TEAM GOT MORE AND MORE PROJECTS AND GREW BIGGER OVER TIME. IN THESE PAST YEARS, THEY HAVE BEAUTIFIED SLUMS, PRISONS, STREETS, RAILWAY STATIONS, SCHOOLS AND MANY OTHER PUBLIC AND PRIVATE SPACES IN ALMOST 20 CITIES.



I CAN'T BELIEVE OUR SMALL TEAM HAS MADE A DIFFERENCE TO SO MANY CITIES.

IF EACH INDIVIDUAL CONTRIBUTES TO THEIR CITY, OUR WHOLE COUNTRY CAN BE TRANSFORMED.





# ISMAIL KHATRI

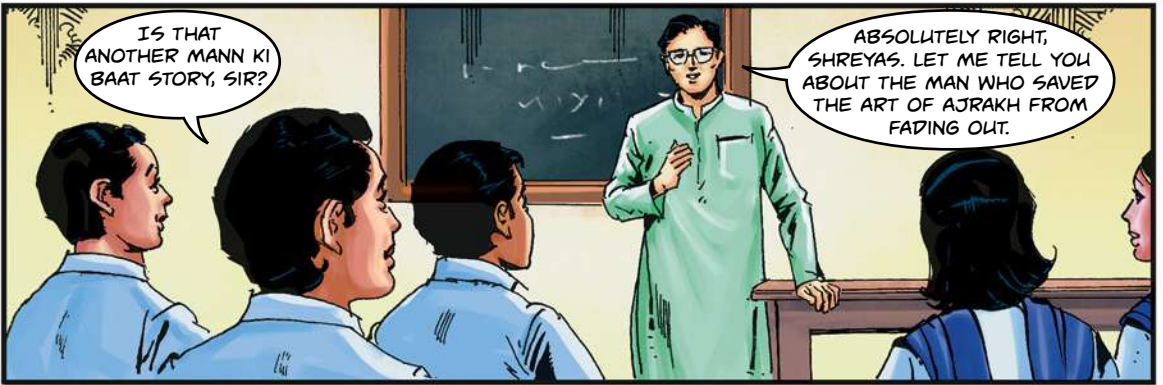
IT WAS SHARADA'S BIRTHDAY AND SHE HAD BROUGHT A SMALL BOX OF SWEETS FOR THE CLASS.



HAPPY BIRTHDAY, SHARADA! WHAT A PRETTY KURTA YOU ARE WEARING!

THANK YOU!

DO YOU KNOW THAT THE KIND OF PRINT ON SHARADA'S DRESS IS KNOWN AS AJRAKH?



IS THAT ANOTHER MANN KI BAAT STORY, SIR?

ABSOLUTELY RIGHT, SHREYAS. LET ME TELL YOU ABOUT THE MAN WHO SAVED THE ART OF AJRAKH FROM FADING OUT.



IT WAS THE YEAR 2001. THE KHATRI'S OF DHAMADKA\* APPROACHED THE HEAD OF THEIR COMMUNITY, ISMAIL KHATRI.

THE WATER LEVELS IN OUR VILLAGE HAVE BEEN RAPIDLY DEPLETING FOR THE LAST TEN YEARS.

NOW WITH THE EARTHQUAKE\*, WE ARE IN REAL DANGER OF LOSING OUR LIVELIHOODS.

PLEASE, ISMAIL, LET US ALL MOVE TO ANOTHER VILLAGE.

ISMAIL KNEW THEIR CONCERNS WERE VALID.

THE COMMUNITY'S TRADITIONAL ART OF AJRAKH BLOCK PRINTING WAS DEPENDENT ON PLENTIFUL AND CLEAN WATER RESOURCES.



FROM THE COLOURS USED TO THE PROPER PRINTING OF THE DESIGN, WATER DETERMINED MANY FACTORS IN THE PROCESS.

\*A VILLAGE NEAR BHUJ IN GUJARAT  
\*GUJARAT EARTHQUAKE OF 2001





ALL RIGHT, I WILL START LOOKING FOR A SUITABLE PLACE FOR US.



KEEPING HIS COMMUNITY'S NEEDS IN MIND, ISMAIL FOUND A GOOD PLACE NEAR BHUJ. THE VILLAGE WAS LATER NAMED AJRAKHPUR.

OUR ART WILL FLOURISH HERE.

THE NEW START WAS FRUITFUL FOR THEIR BUSINESS...



...BUT NEW PROBLEMS SOON AROSE.



WHERE IS YOUR FATHER TODAY?

ISMAIL BHAI, ABBA IS AT HOME. HE WAS HAVING TROUBLE BREATHING YESTERDAY AFTER WORK.



THE CHEMICAL DYES ARE CAUSING ALLERGIES AND ASTHMA AMONG THE ARTISANS. HOW CAN WE REPLACE THEM?



THE ANSWER WAS FOUND IN NATURE. THE KHATRIS ADOPTED THE USE OF NATURAL DYES INSTEAD.



THUS, THE DYING ART FORM OF AJRAKH PRINTING WAS REVIVED BY THE EFFORTS OF ONE MAN AND HIS COMMUNITY.



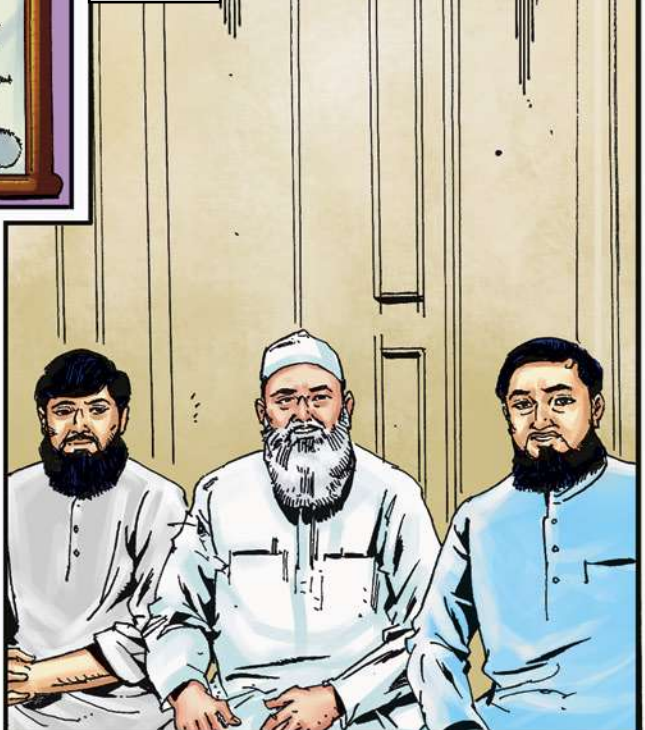
TODAY, AJRAKH IS IN GREAT DEMAND AND THE ARTISANS ARE EXPERIMENTING WITH DIFFERENT FABRICS AND MODERN STYLES.

FOR HIS EFFORTS IN REVIVING AND ENCOURAGING THE ART FORM, ISMAIL KHATRI WAS AWARDED AN HONOURARY DOCTORATE DEGREE FROM DE MONTFORT UNIVERSITY, LEICESTER, IN 2003.



HIS WORK HAS ALSO RECEIVED A NATIONAL MERIT CERTIFICATE AND A UNESCO SEAL OF EXCELLENCE.

DR ISMAIL KHATRI'S SONS AND GRANDSONS CONTINUE HIS LEGACY AS THE ELEVENTH GENERATION OF AJRAKH BLOCK PRINTERS IN HIS FAMILY.





# RAJU

NAIR SIR AND HIS STUDENTS WERE GOING FOR A NATURE WALK.



COME ON, SHREYAS. DON'T YOU WANT TO HAVE LUNCH ON THE TOP OF THE HILL?

MY LEGS ARE ACHING, SIR. THEY ARE REFUSING TO CLIMB.

REALLY, MY LEGS ARE NOT LISTENING TO ME.

WE CAN REST FOR A BIT WHILE I TELL YOU THE STORY OF RAJU, A BOY FROM PATHANKOT\*.



RAJU WAS STRUCK BY POLIO WHILE HE WAS STILL AN INFANT.



MY POOR CHILD! HE WILL NEVER BE ABLE TO WALK.

WE WILL LOOK AFTER HIM AS BEST AS WE CAN.

RAJU HAD TWO OLDER BROTHERS.

SADLY, RAJU LOST BOTH HIS PARENTS AT THE AGE OF 10.



LOOK AFTER YOURSELF, RAJU. WE ARE GOING TO WORK.

I FEEL SO USELESS. I WISH I COULD DO SOME WORK.

SO —



PLEASE SIR, I WILL CLEAN THE TABLES AND SWEEP THE FLOOR. I WILL WORK HARD FOR YOU.

NO, NO! YOU CAN'T EVEN WALK. YOU WILL ONLY BE A LIABILITY.

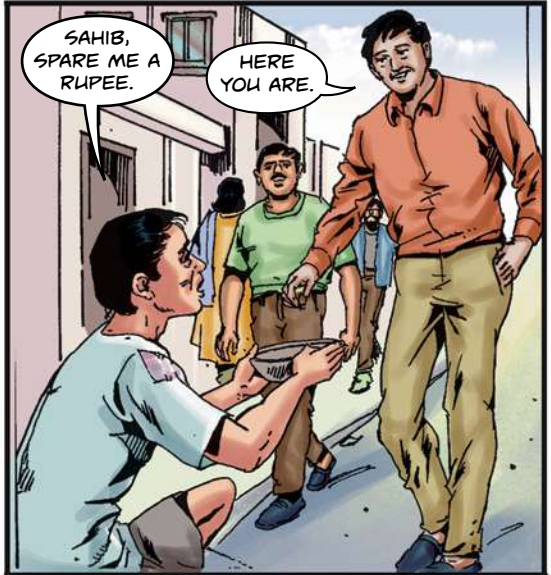
\*A CITY IN PUNJAB



DISAPPOINTED AND DESPERATE, RAJU WAS FORCED TO BEG ON THE STREETS.



MY BROTHERS HAVE THEIR FAMILIES BUT I CANNOT BE A BURDEN TO THEM. I CANNOT LET LIFE DEFEAT ME.



SAHIB, SPARE ME A RUPEE.

HERE YOU ARE.

RAJU SAT, DAY AFTER DAY, ON DHANGLU ROAD AND ASKED FOR ALMS. SOON, PEOPLE STARTED RECOGNISING THE GOOD-NATURED YOUNG MAN AND WERE GENEROUS WITH THEIR POCKETS.



I AM EARNING AT LEAST 500 TO 700 RUPEES EVERY DAY. I NEED ONLY 200 FOR MYSELF I WILL SAVE THE REST AND HELP OTHERS.

THUS STARTED RAJU'S JOURNEY OF HELPING OTHERS IN NEED.



BROTHER, I HEAR YOU HELP POOR PARENTS LIKE US TO ARRANGE WEDDINGS FOR THEIR DAUGHTERS. WILL YOU HELP US TOO?

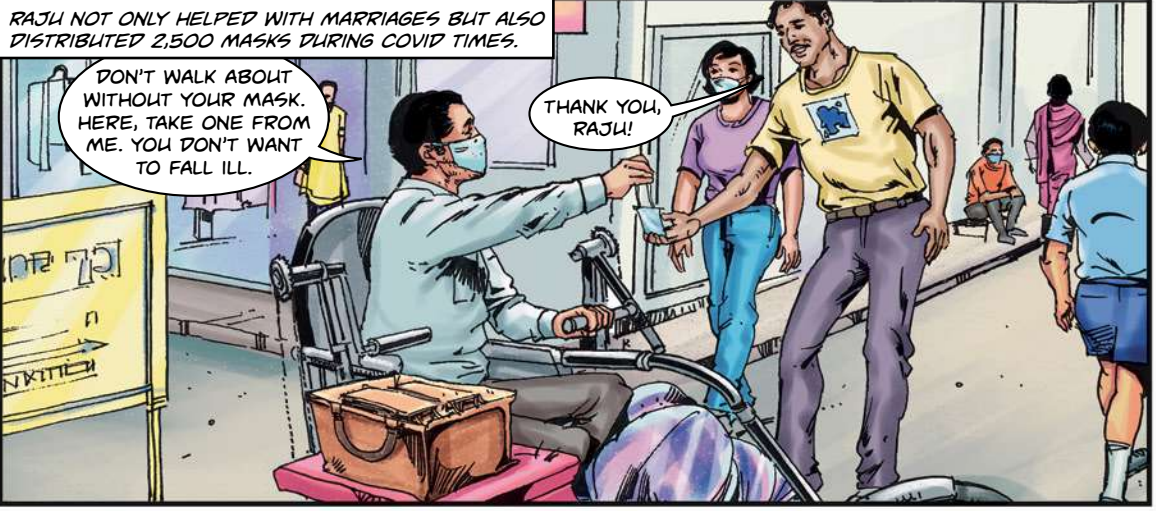
TELL ME YOUR NEEDS AND I WILL DO WHATEVER I CAN TO GIVE YOUR DAUGHTER A GOOD START TO HER MARRIED LIFE.

RAJU GAVE THE FAMILY 1,100 RUPEES, 50 KILOS OF RICE AND A CEILING FAN.





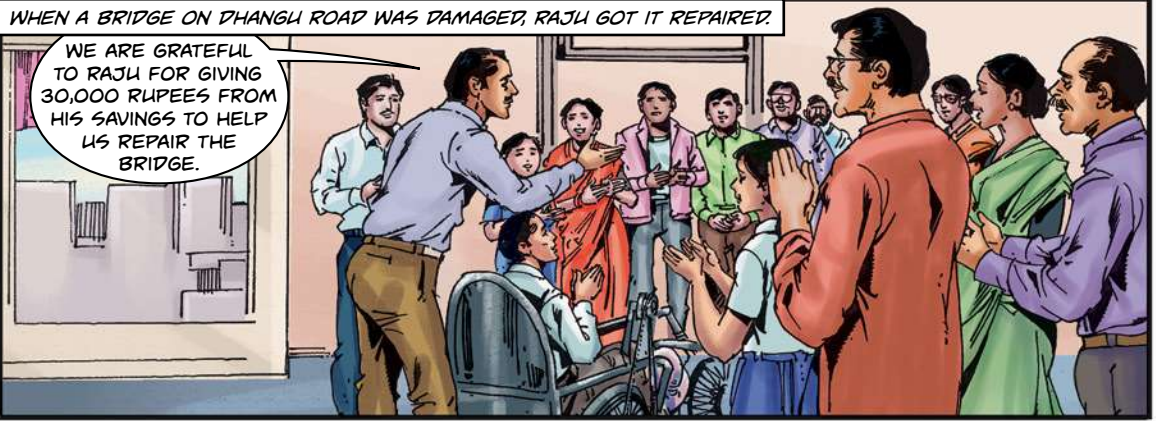
RAJU NOT ONLY HELPED WITH MARRIAGES BUT ALSO DISTRIBUTED 2,500 MASKS DURING COVID TIMES.



DON'T WALK ABOUT WITHOUT YOUR MASK. HERE, TAKE ONE FROM ME. YOU DON'T WANT TO FALL ILL.

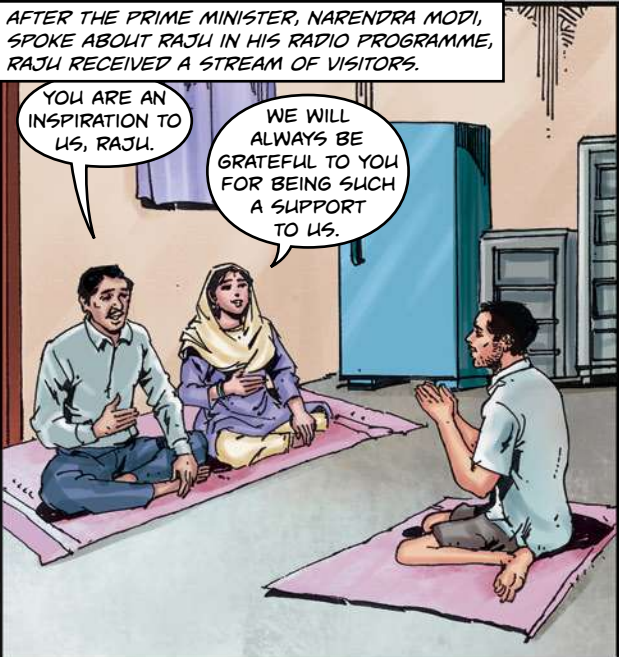
THANK YOU, RAJU!

WHEN A BRIDGE ON DHANGU ROAD WAS DAMAGED, RAJU GOT IT REPAIRED.



WE ARE GRATEFUL TO RAJU FOR GIVING 30,000 RUPEES FROM HIS SAVINGS TO HELP US REPAIR THE BRIDGE.

AFTER THE PRIME MINISTER, NARENDRA MODI, SPOKE ABOUT RAJU IN HIS RADIO PROGRAMME, RAJU RECEIVED A STREAM OF VISITORS.



YOU ARE AN INSPIRATION TO US, RAJU.

WE WILL ALWAYS BE GRATEFUL TO YOU FOR BEING SUCH A SUPPORT TO US.

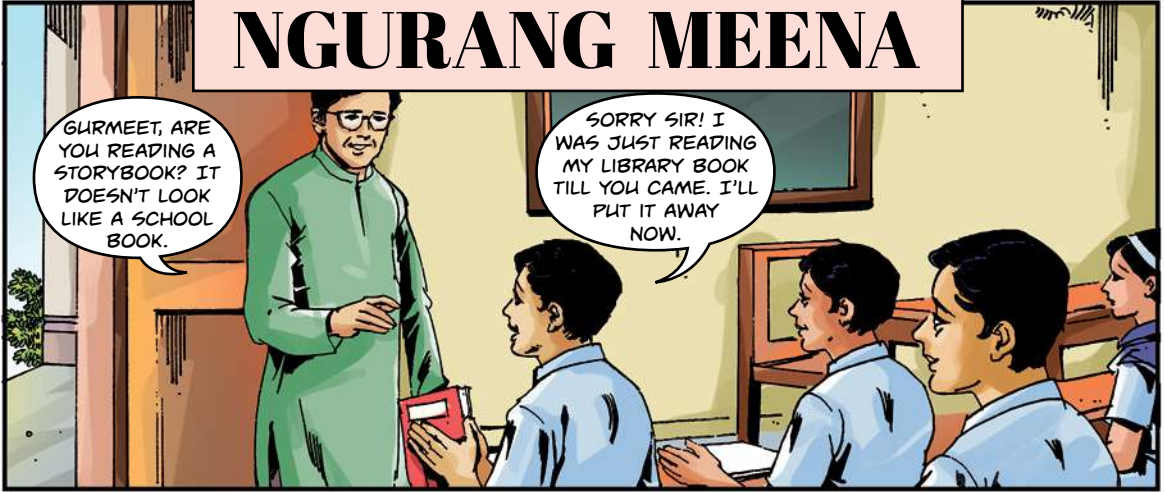


WE CAN ALL DO IT. IT TAKES ONLY A LITTLE BIT OF EFFORT AND COMPASSION TO DO BIG THINGS.



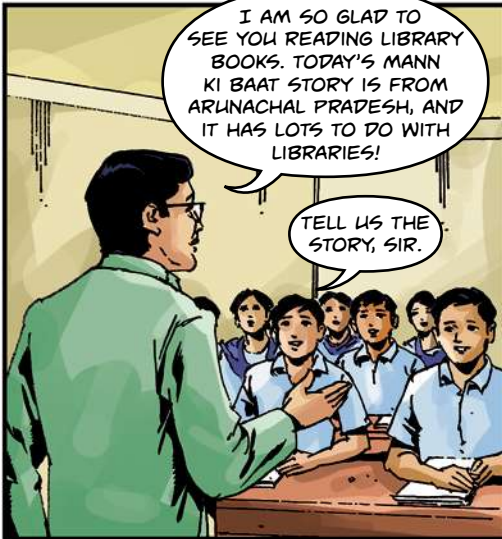


# NGURANG MEENA



GURMEET, ARE YOU READING A STORYBOOK? IT DOESN'T LOOK LIKE A SCHOOL BOOK.

SORRY SIR! I WAS JUST READING MY LIBRARY BOOK TILL YOU CAME. I'LL PUT IT AWAY NOW.



I AM SO GLAD TO SEE YOU READING LIBRARY BOOKS. TODAY'S MANN KI BAAT STORY IS FROM ARUNACHAL PRADESH, AND IT HAS LOTS TO DO WITH LIBRARIES!

TELL US THE STORY, SIR.



NGURANG MEENA IS A GOVERNMENT SCHOOL TEACHER FROM THE SMALL VILLAGE OF RAYO IN NIRJULI, ARUNACHAL PRADESH.

MEENA WAS DEEPLY PASSIONATE ABOUT THE CAUSES OF EDUCATION AND WOMEN'S EMPOWERMENT. SO SHE STARTED AN NGO\* BY THE NAME 'NGURANG LEARNING INSTITUTE' IN 2014.



SOB! I GOT MARRIED AT A YOUNG AGE. NOW THAT MY HUSBAND IS DEAD, HOW WILL I TAKE CARE OF OUR FAMILY ALONE?

DON'T WORRY, WE WILL HELP YOU.

THROUGH THE NGO, SHE HELPED MANY WOMEN WHO FACED DIFFICULTIES DUE TO UNFAIR TRADITIONS IN SOCIETY LIKE FORCED MARRIAGE, POLYGAMY AND CHILD MARRIAGE, AMONG OTHERS.

\*NON-GOVERNMENTAL ORGANISATION





ONCE, DURING THE COVID-19 LOCKDOWN, MEENA WAS TALKING TO HER FRIEND, DEWANG HOSAI.



THIS IS THE RIGHT TIME TO GET CHILDREN TO READ MORE. I WISH THERE WAS SOME WAY TO GET BOOKS TO THEM BUT THERE ARE NO LIBRARIES IN OUR TOWN.

THAT'S A GREAT IDEA, DEWANG. BUT WHAT CAN WE DO IN THIS SITUATION?

A WHILE LATER —



DEWANG, DO YOU REMEMBER THE MINI WAYSIDE LIBRARY WE SAW IN AIZAWL\*?

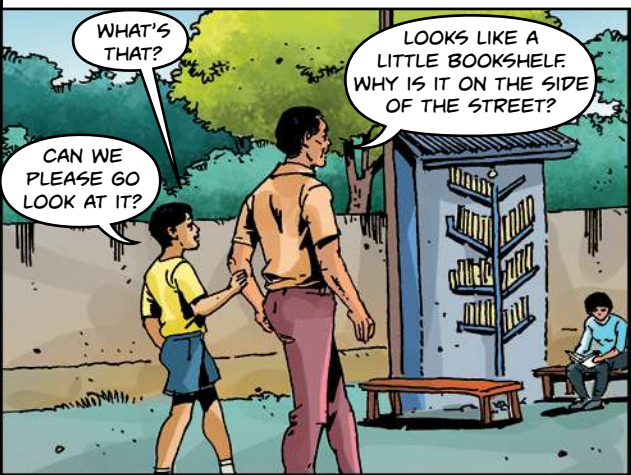
YES, WHAT ABOUT IT?



WHAT IF WE BUILD STREET LIBRARIES LIKE THOSE, HERE? PEOPLE CAN TAKE BOOKS HOME AND RETURN THEM IN TWO WEEKS.

THAT'S BRILLIANT!

THUS BEGAN THE IDEA OF SETTING UP SELF-HELP LIBRARIES.



WHAT'S THAT?

LOOKS LIKE A LITTLE BOOKSHELF. WHY IS IT ON THE SIDE OF THE STREET?

CAN WE PLEASE GO LOOK AT IT?

BY THE END OF THE LOCKDOWN, THE LIBRARY BECAME A HUGE HIT AMONG THE PEOPLE.



IT IS SO NICE TO SEE OUR CHILDREN GATHER AROUND AND READ!

THE COLLECTION IS SO NICE, THESE BOOKS CAN BE READ BY PEOPLE OF ANY AGE.

THE LIBRARY HAD NO FEE OR SUBSCRIPTION. PEOPLE WERE EXPECTED TO RETURN THE BOOKS WITHIN TWO WEEKS OF BORROWING.

\*CAPITAL OF MIZORAM, THE MOST LITERATE CITY IN INDIA

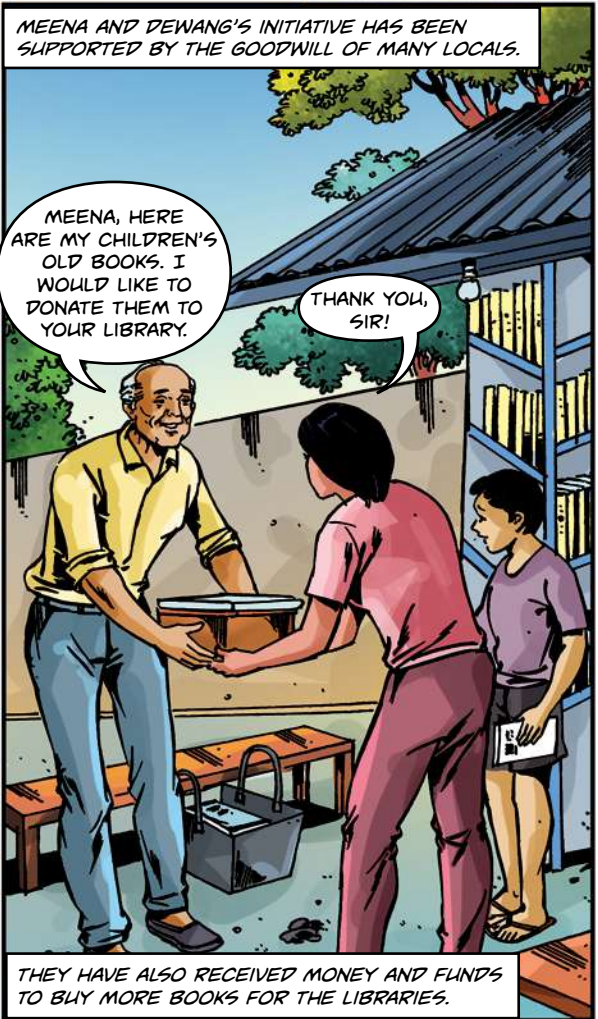




MEENA, WHAT IF SOMEONE DOESN'T RETURN THE BOOKS THEY BORROW?

IT IS ALL RIGHT. AFTER ALL, THEY ARE BENEFITTING FROM IT. ISN'T THAT WHY WE STARTED THIS INITIATIVE?

THAT IS SUCH A KIND THOUGHT!



MEENA AND DEWANG'S INITIATIVE HAS BEEN SUPPORTED BY THE GOODWILL OF MANY LOCALS.

MEENA, HERE ARE MY CHILDREN'S OLD BOOKS. I WOULD LIKE TO DONATE THEM TO YOUR LIBRARY.

THANK YOU, SIR!

THEY HAVE ALSO RECEIVED MONEY AND FUNDS TO BUY MORE BOOKS FOR THE LIBRARIES.

MEENA BELIEVES THAT A READING CULTURE WILL PROMOTE LITERACY AMONG THE PEOPLE AND ENCOURAGE STUDENTS TO DO BETTER.

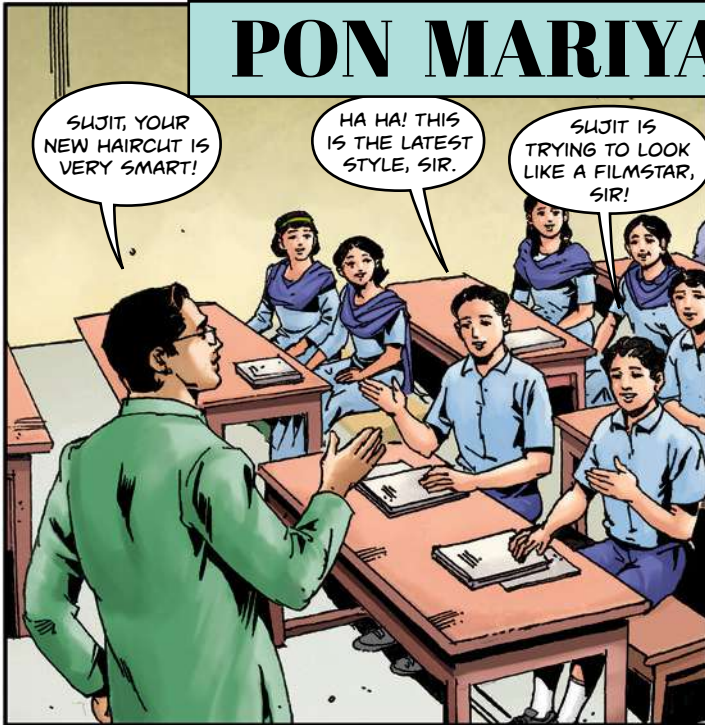
My dear Arunachal, please think about it. It is not only the government that should always be taking care of us. We as individuals, as citizens of our state, should know where we are lagging behind. So stop the blame game and start doing something.



MEENA HOPES TO BUILD MORE LIBRARIES ACROSS THE STATE. HER INITIATIVE HAS BEEN AN INSPIRATION FOR MANY ACROSS THE NATION.



# PON MARIYAPPAN

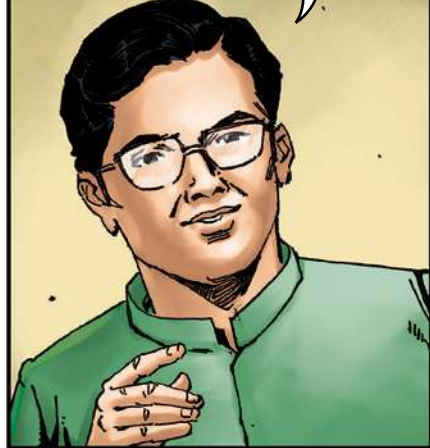


SUJIT, YOUR NEW HAIRCUT IS VERY SMART!

HA HA! THIS IS THE LATEST STYLE, SIR.

SUJIT IS TRYING TO LOOK LIKE A FILMSTAR, SIR!

HAD YOU GONE TO PON MARIYAPPAN'S BARBER SHOP, HE WOULD HAVE GIVEN YOU A GOOD HAIRCUT ALONG WITH MANY BOOKS. HE HAS BECOME FAMOUS AFTER THE PRIME MINISTER TOLD HIS STORY ON HIS RADIO TALK SHOW.



PON MARIYAPPAN BELONGS TO THE TOWN OF THOOTHUKUDI IN TAMIL NADU. WHEN HE WAS IN CLASS 8 —



SON, I NEED YOU TO START EARNING FOR THE FAMILY. WE CANNOT MANAGE WITH WHAT I MAKE.

I'LL DO THAT FATHER. DON'T WORRY.

I LOVE MY BOOKS AND I DO WANT TO STUDY, BUT I MUST HELP APPA.

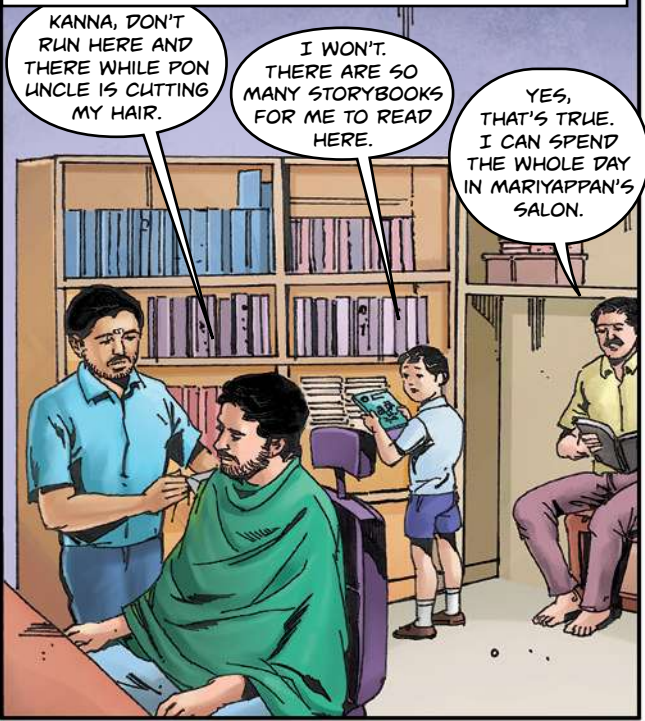
PON MARIYAPPAN STARTED A HAIRDRESSING SALON AND BEGAN TO EARN WELL.



I FEEL THERE IS SOMETHING LACKING IN MY LIFE. MY SALON SHOULD BE MORE THAN JUST A PLACE WHERE PEOPLE COME TO GET A HAIRCUT.



SO, PON CREATED A LIBRARY IN HIS SALON WHERE HE HAD ALL KINDS OF BOOKS TO CATER TO EVERY AGE GROUP.



KANNA, DON'T RUN HERE AND THERE WHILE PON UNCLE IS CUTTING MY HAIR.

I WON'T. THERE ARE SO MANY STORYBOOKS FOR ME TO READ HERE.

YES, THAT'S TRUE. I CAN SPEND THE WHOLE DAY IN MARIYAPPAN'S SALON.



THERE IS AN ADDED BENEFIT TOO. IF YOU CAN WRITE A SMALL REVIEW OF THE BOOK YOU HAVE READ, I'LL GIVE YOU A DISCOUNT ON YOUR NEXT HAIRCUT.

THAT WILL MAKE ME READ MORE AND MORE BOOKS!



THAT'S THE IDEA! I WANT MORE AND MORE PEOPLE TO READ BOOKS.



PON MARIYAPPAN WAS INTERVIEWED BY PRIME MINISTER NARENDRA MODI ON MANN KI BAAT.

MARIYAPPAN JI, WHICH BOOK IS YOUR FAVOURITE?



MY FAVOURITE BOOK IS THE THIRUKKURAL\*, HONOURABLE PRIME MINISTER.

ANYONE CAN MAKE A DIFFERENCE. YOU ONLY NEED TO THINK DIFFERENTLY AND TURN LIFE'S CHALLENGES INTO A WINNING SITUATION.

\*A TAMIL CLASSIC WRITTEN BY THIRUVALLUVAR

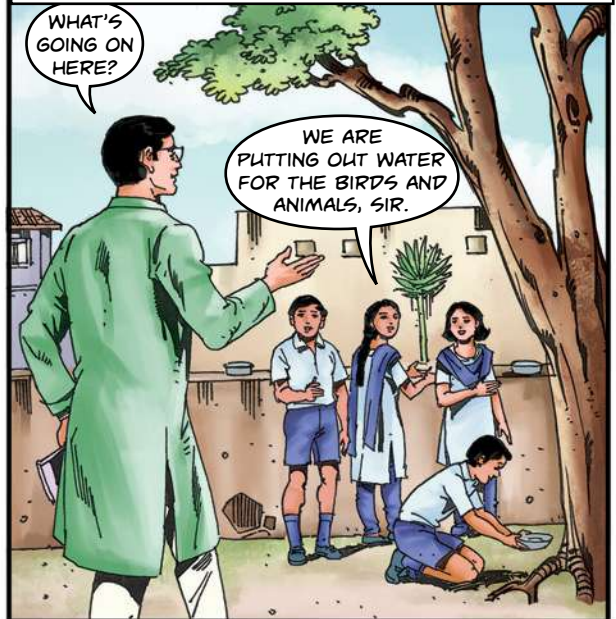


# KALMANE KAMEGOWDA

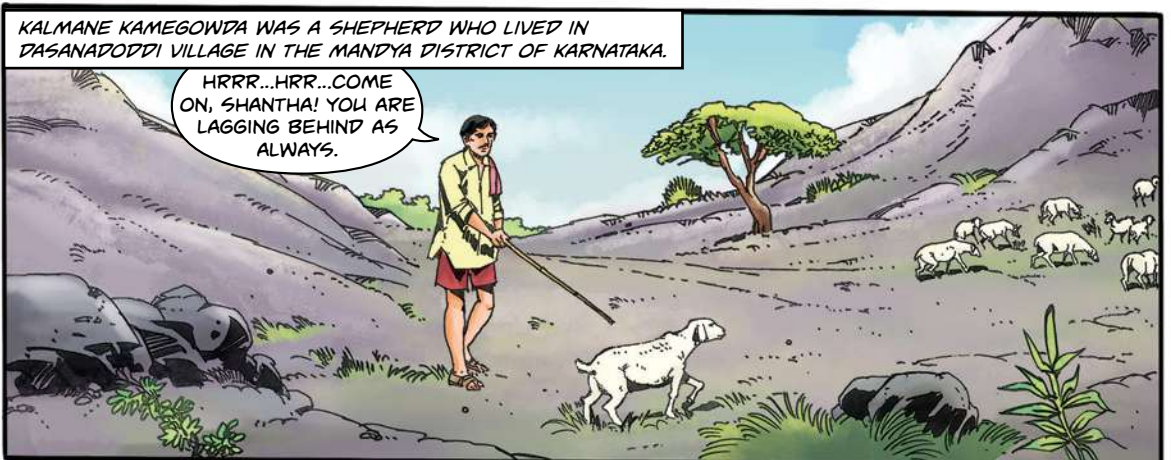
IT WAS RECESS TIME AT SCHOOL.



FARUL DECIDED TO HELP AND SOON, A SMALL GROUP OF STUDENTS WAS PLACING WATER BOWLS EVERYWHERE.

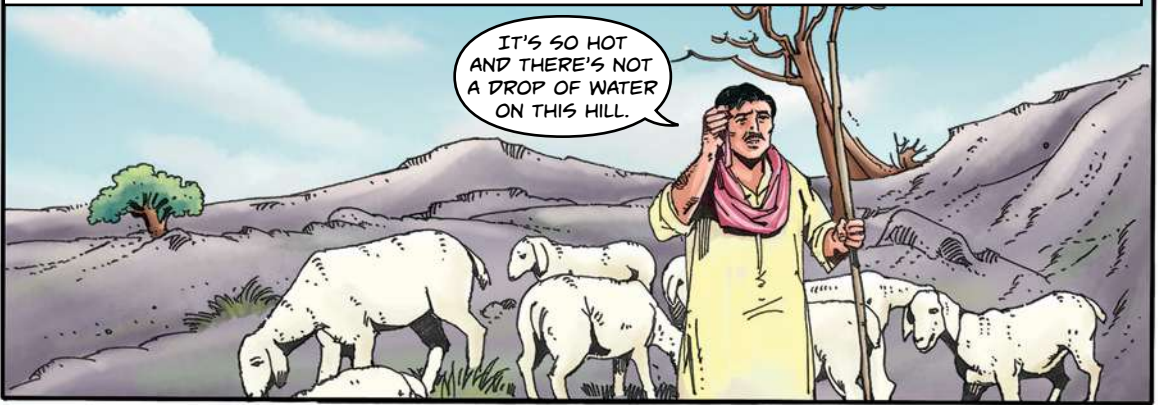


KALMANE KAMEGOWDA WAS A SHEPHERD WHO LIVED IN DASANADODDI VILLAGE IN THE MANDYA DISTRICT OF KARNATAKA.





HE SPENT MOST OF HIS DAY, GRAZING HIS SHEEP AROUND THE NEARBY HILL OF KUNDURU BETTA. ONE DAY —



IT'S SO HOT AND THERE'S NOT A DROP OF WATER ON THIS HILL.

JUST THEN —



YOU LOOK SO TIRED. ARE YOU ALSO AS THIRSTY AS I AM? I CAN AT LEAST GO BACK TO MY VILLAGE, WITH MY SHEEP, AND GET WATER. BUT WHAT WILL YOU POOR CREATURES DO?

THE THOUGHT STAYED WITH KAMEGOWDA FOR DAYS TILL —



I'M GOING TO DIG A LARGE HOLE HERE AND FILL IT WITH WATER FOR THE ANIMALS AND BIRDS.

BUT NO MATTER HOW MANY HOLES HE FILLED, WITHIN A FEW HOURS THE WATER EITHER EVAPORATED OR DRAINED INTO THE EARTH.

AFTER MUCH DELIBERATION —



I'M SORRY, KAMALA. I WILL HAVE TO SELL YOU AND YOUR SISTERS TO BUY TOOLS TO DIG A POND. THIS IS THE ONLY WAY I CAN HELP YOU AND THE OTHER ANIMALS.

SOON, HE SELECTED A PIECE OF LAND WITH ENOUGH MOISTURE AND BEGAN TO DIG. BUT —

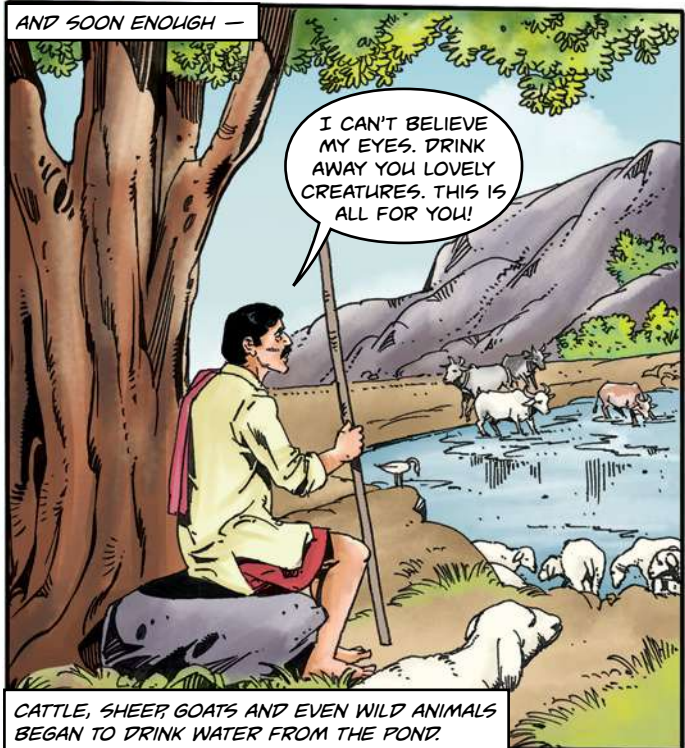


IT'S BEEN 15 DAYS AND I STILL CAN'T GO VERY DEEP. I HAVE TO SELL MORE SHEEP AND RENT A JCB. THAT'S THE ONLY WAY FORWARD.





NOW ALL I HAVE TO DO IS WAIT FOR THE MONSOON. IF THE RAIN GODS BLESS US, THIS POND SHALL BE FULL OF WATER.



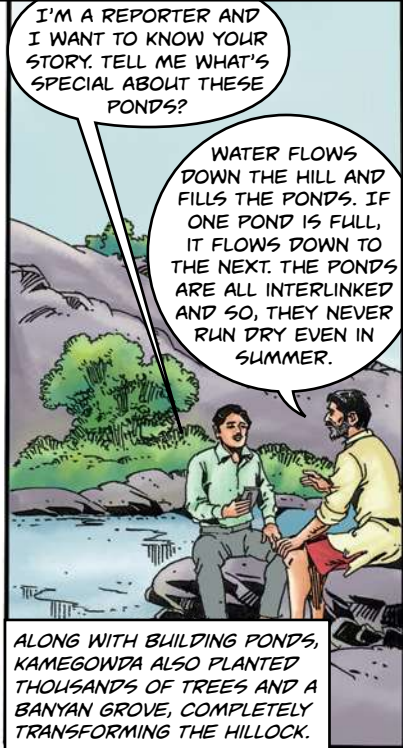
I CAN'T BELIEVE MY EYES. DRINK AWAY YOU LOVELY CREATURES. THIS IS ALL FOR YOU!

CATTLE, SHEEP, GOATS AND EVEN WILD ANIMALS BEGAN TO DRINK WATER FROM THE POND.

THIS WAS JUST THE BEGINNING. OVER THE NEXT 40 YEARS, KAMEGOWDA SPENT OVER RS 15 LAKHS TO BUILD 16 PONDS, MAKING HIM POPULAR AS KARNATAKA'S POND MAN. ONE DAY —

FOR HIS TREMENDOUS EFFORTS, KAMEGOWDA RECEIVED MANY AWARDS INCLUDING THE BASAVASHREE AWARD AND THE KARNATAKA RAJYOTSAVA AWARD.

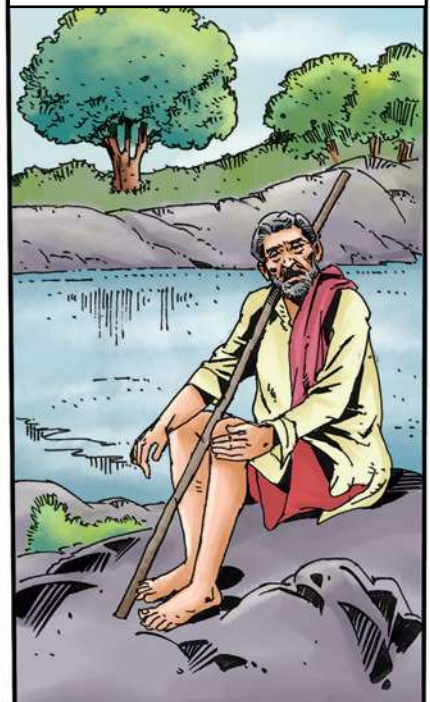
KAMEGOWDA CONTINUED WORKING ON THE PONDS TILL HE PASSED AWAY IN OCTOBER 2022 AT THE AGE OF 84. THE STORY OF THIS MAN FROM A TINY VILLAGE IN MANDYA HAS BECOME AN INSPIRATION FOR ENVIRONMENTALISTS THROUGHOUT THE COUNTRY.



WATER FLOWS DOWN THE HILL AND FILLS THE PONDS. IF ONE POND IS FULL, IT FLOWS DOWN TO THE NEXT. THE PONDS ARE ALL INTERLINKED AND SO, THEY NEVER RUN DRY EVEN IN SUMMER.



ALONG WITH BUILDING PONDS, KAMEGOWDA ALSO PLANTED THOUSANDS OF TREES AND A BANYAN GROVE, COMPLETELY TRANSFORMING THE HILLOCK.







# PRADEEP SANGWAN

THE CLASS WAS WAITING FOR NAIR SIR TO ARRIVE. MEANWHILE, SUJIT HAD STARTED A GAME.



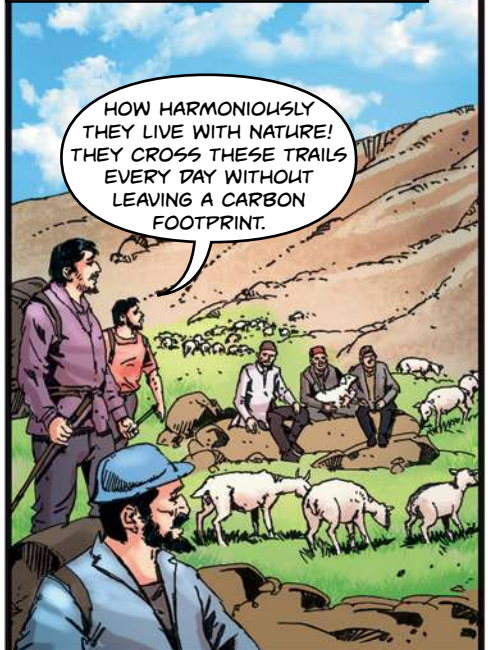
EVERYBODY WILL CLEAN UP ONCE I FINISH MY STORY. SIT DOWN FOR NOW.

IN 2009, A GROUP OF FRIENDS WAS TREKKING TO SURAJ TAL\*. IT WAS A PICTURE POSTCARD SCENE, EXCEPT —



THE MAN WAS PRADEEP SANGWAN, A MOUNTAINEER WITH A DEEP LOVE FOR NATURE.

ON THIS TREK, PRADEEP MET SOME PEOPLE FROM THE GADDI\* COMMUNITY. THEIR WAY OF LIFE AWED HIM.



\*A FAMOUS LAKE IN HIMACHAL PRADESH

\*A SEMI-PASTORAL TRIBE, LIVING MAINLY IN AND AROUND HIMACHAL PRADESH





INSPIRED BY WHAT HE HAD SEEN, PRADEEP GATHERED HIS FRIENDS TO DISCUSS THE ISSUE.

IRRESPONSIBLE TOURISM LEAVES BEHIND SO MUCH LITTER.

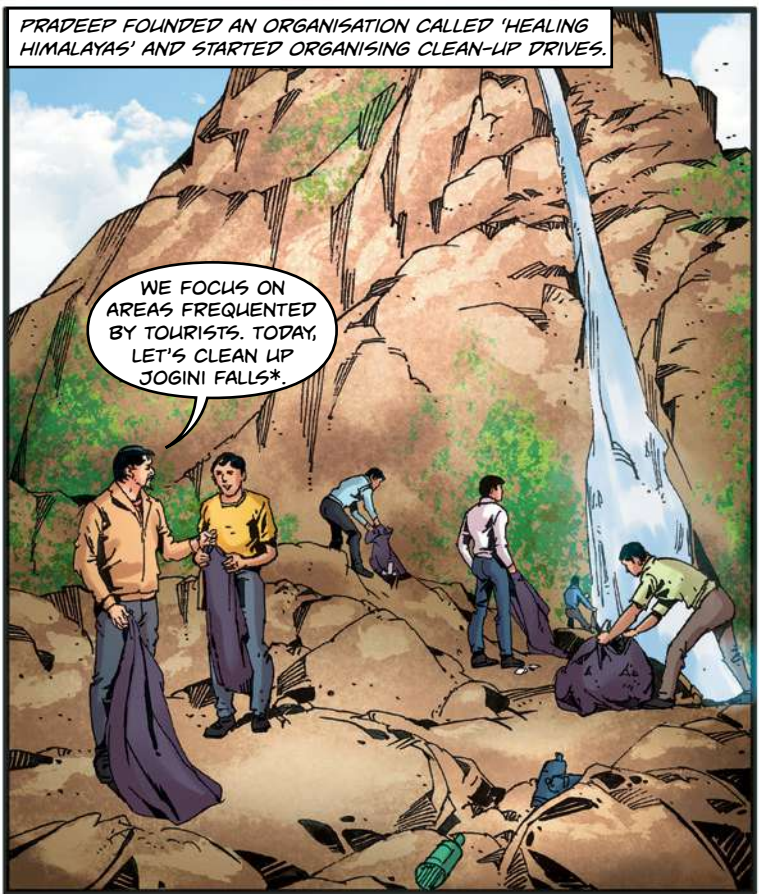
ONE CAN REACH THE TOURIST SPOTS JUST BY FOLLOWING THE TRAIL OF PLASTIC.



THERE'S BROKEN GLASS TOO. SUPPOSE AN ANIMAL STEPS ON A SHARD OR EATS IT, WHO WILL COME TO THE RESCUE?



WHY SIT AROUND, WAITING FOR CHANGE, WHEN WE CAN BE THE ONES TO LEAD IT?



PRADEEP FOUNDED AN ORGANISATION CALLED 'HEALING HIMALAYAS' AND STARTED ORGANISING CLEAN-UP DRIVES.

WE FOCUS ON AREAS FREQUENTED BY TOURISTS. TODAY, LET'S CLEAN UP JOGINI FALLS\*.

\*A FAMOUS WATERFALL IN MANALI



THERE WERE DISHEARTENING DAYS...



IT WILL TAKE A LIFETIME TO CLEAR THE HIMALAYAS.

...BUT PRADEEP AND HIS TEAM REFUSED TO GIVE UP.



WHEN WE WORK TOGETHER, I SEE THE LIGHT AT THE END OF THE TUNNEL.

I'LL TAKE ANOTHER BAG, PRADEEP.

WITH COMMUNITY SUPPORT, THEY SET UP WASTE MANAGEMENT CENTRES IN VILLAGES ALONG THE HIMALAYAN REGION.



NOT ONLY ARE THESE SAFE PLACES TO DISPOSE OF WASTE, THEY WILL ALSO PROVIDE JOBS FOR LOCAL PEOPLE.

PRADEEP HAS PLANS TO SET UP MORE SUCH CENTRES.

'HEALING HIMALAYAS' HAS PLANTED THOUSANDS OF TREES AND CLEARED AROUND 8,00,000 KGS OF NON-BIODEGRADABLE WASTE, TILL DATE.



EVER SINCE I STARTED THIS JOURNEY, I HAVEN'T LOOKED BACK. A LOT NEEDS TO BE DONE AND WE'VE JUST SCRATCHED THE SURFACE!

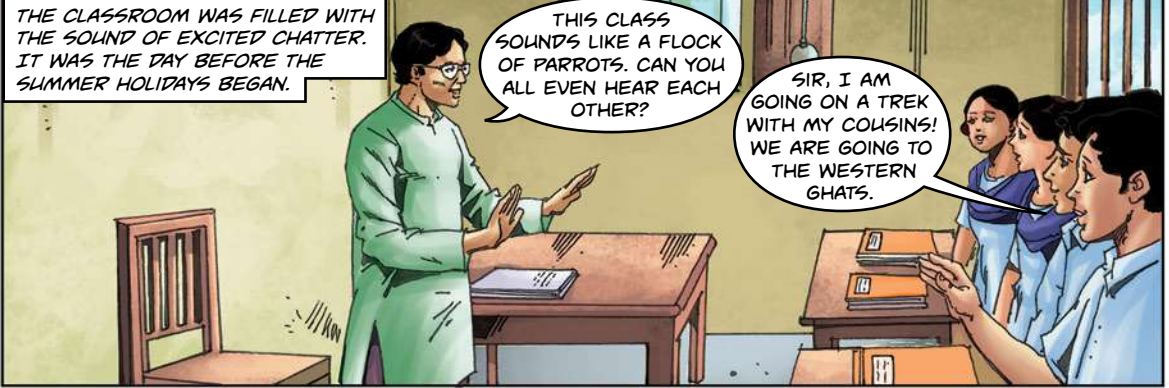


# KAAMYA KARTHIKEYAN

THE CLASSROOM WAS FILLED WITH THE SOUND OF EXCITED CHATTER. IT WAS THE DAY BEFORE THE SUMMER HOLIDAYS BEGAN.

THIS CLASS SOUNDS LIKE A FLOCK OF PARROTS. CAN YOU ALL EVEN HEAR EACH OTHER?

SIR, I AM GOING ON A TREK WITH MY COUSINS! WE ARE GOING TO THE WESTERN GHATS.



SETTLE DOWN. LET ME TELL YOU THIS INSPIRING STORY THAT OUR PRIME MINISTER SHARED WITH US ON MANN KI BAAT. IT IS ABOUT A YOUNG GIRL WHO HAS CONQUERED MANY MOUNTAINS.



KAAMYA WAS THREE WHEN HER FATHER, AN OFFICER IN THE INDIAN NAVY, WAS POSTED IN LONAVALA\*. ON WEEKENDS, THEY WOULD GO ON LONG WALKS ALONG NEARBY TRAILS.

APPA, LET'S GO THAT WAY NEXT TIME.

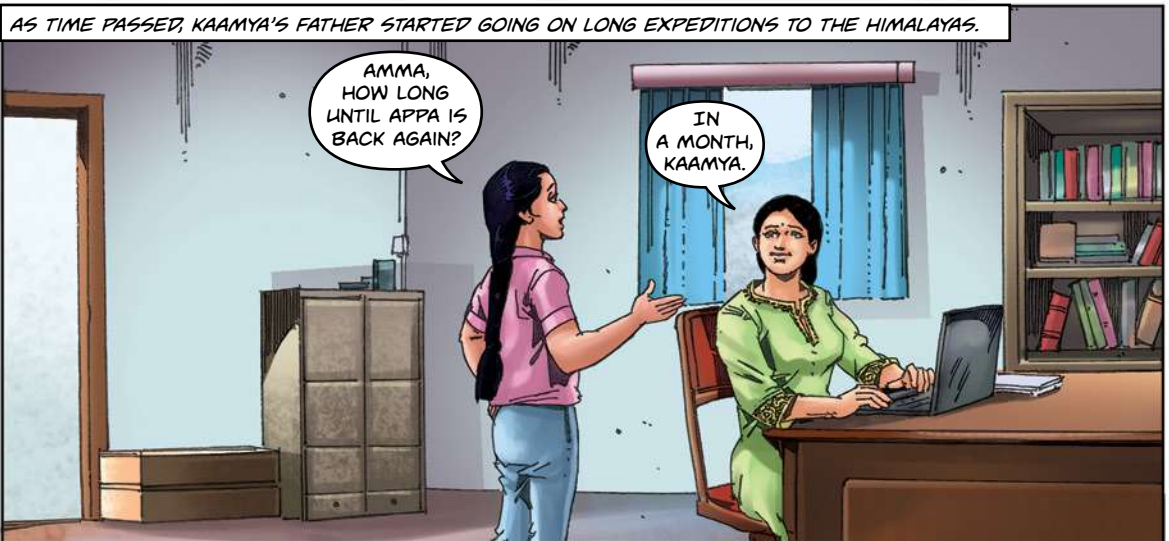
MY GIRL IS GROWING UP WITH MY LOVE FOR ADVENTURE!



AS TIME PASSED, KAAMYA'S FATHER STARTED GOING ON LONG EXPEDITIONS TO THE HIMALAYAS.

AMMA, HOW LONG UNTIL APPA IS BACK AGAIN?

IN A MONTH, KAAMYA.



\*NEAR MUMBAI, MAHARASHTRA





WHAT IS IT ABOUT THE MOUNTAINS THAT TAKES APPA AWAY FROM US?

LET'S GO FIND OUT, SHALL WE?

KAAMYA'S MOTHER DECIDED IT WAS TIME THE LITTLE GIRL EXPERIENCED MOUNTAINEERING FOR HERSELF.



SOON -

ISN'T IT WONDERFUL?

THIS FEELS LIKE THE TOP OF THE WORLD!

AT THE AGE OF SEVEN, SHE HAD CLIMBED THE CHANDRASHILA SUMMIT IN UTTARAKHAND.

TWO YEARS LATER, KAAMYA HAD CLIMBED MOUNT STOK KANGRI IN LADAKH.



MY FIRST 6,000 METRE CLIMB!

HOORAY!

SOON AFTER, SHE STARTED A PERSONAL MISSION.



I WANT TO CLIMB THE HIGHEST PEAKS ON ALL SEVEN CONTINENTS AND SKI TO THE NORTH AND SOUTH POLES.

MISSION SAHAS\*, AS KAAMYA CALLS IT, IS FAMOUSLY KNOWN AS THE EXPLORER'S GRAND SLAM.

\*COURAGE IN HINDI





AS OF 2022, KAAMYA HAS SCALED FIVE OF THE SEVEN SUMMITS.



MOUNT KILIMANJARO, THE HIGHEST PEAK IN AFRICA



MOUNT ELBRUS, THE HIGHEST PEAK IN EUROPE



MOUNT KOSCIUSZKO, THE HIGHEST PEAK IN AUSTRALIA



MOUNT ACONCAGUA, THE HIGHEST PEAK IN SOUTH AMERICA



MOUNT DENALI, THE HIGHEST PEAK IN NORTH AMERICA

SHE IS ALSO THE YOUNGEST PERSON TO CONQUER MOUNT ACONCAGUA AND THE YOUNGEST TO SKI FROM THE SUMMIT OF MOUNT ELBRUS.

FOR HER INDOMITABLE SPIRIT AND NUMEROUS ACHIEVEMENTS IN MOUNTAINEERING, THE GOVERNMENT OF INDIA HONOURED HER WITH THE PRADHAN MANTRI RASHTRIYA BAL PURASKAR.

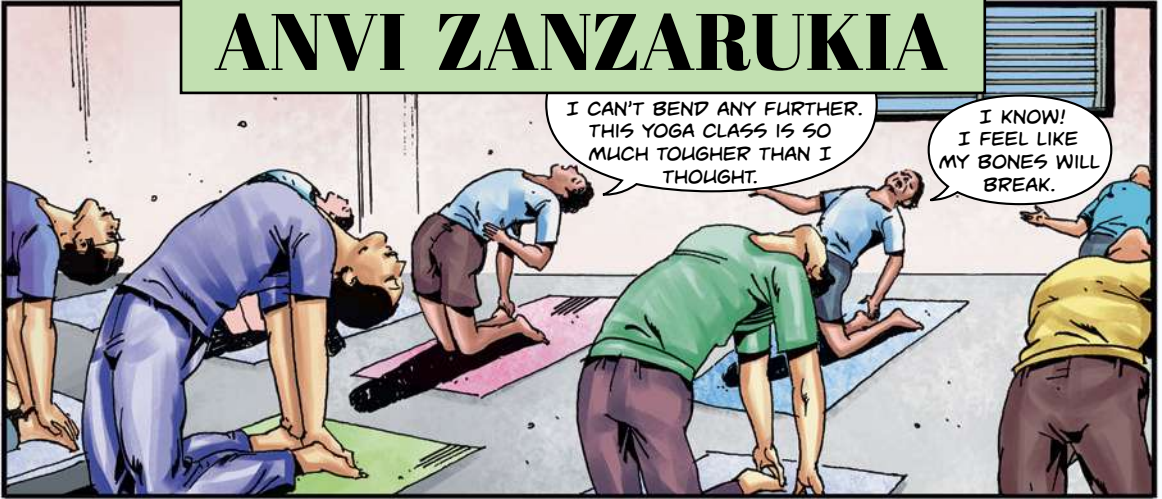
WHAT STARTED AS A FAMILY ADVENTURE, BORN OF A LOVE FOR THE MOUNTAINS, HAS RESULTED IN THE MAKING OF HISTORY. KAAMYA CONTINUES TO CONQUER THE HIGHEST OF SUMMITS AND SET NEW RECORDS.





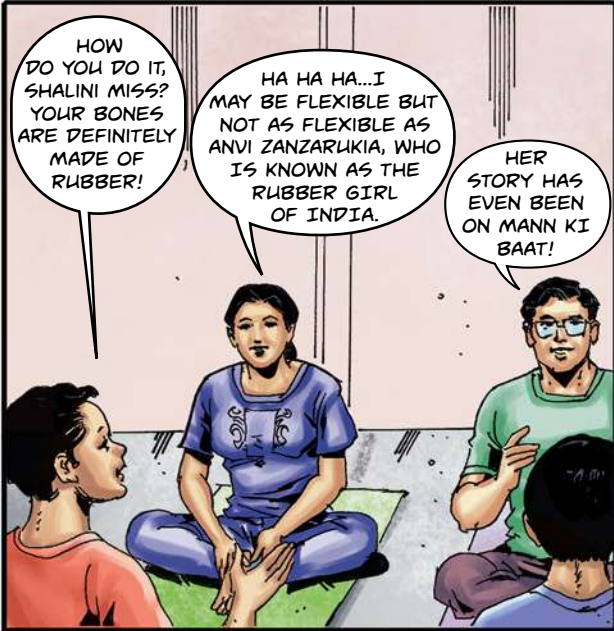


# ANVI ZANZARUKIA



I CAN'T BEND ANY FURTHER. THIS YOGA CLASS IS SO MUCH TOUGHER THAN I THOUGHT.

I KNOW! I FEEL LIKE MY BONES WILL BREAK.



HOW DO YOU DO IT, SHALINI MISS? YOUR BONES ARE DEFINITELY MADE OF RUBBER!

HA HA HA...I MAY BE FLEXIBLE BUT NOT AS FLEXIBLE AS ANVI ZANZARUKIA, WHO IS KNOWN AS THE RUBBER GIRL OF INDIA.

HER STORY HAS EVEN BEEN ON MANN KI BAAT!



ANVI WAS BORN TO AVANI AND VIJAY ZANZARUKIA IN SURAT. BUT JUST A FEW DAYS AFTER HER BIRTH -

OUR BABY IS CRYING A LOT. SHE SEEMS TO BE UNWELL. WE HAVE TO GET HER CHECKED BY THE PAEDIATRICIAN.

THE DOCTOR DID NOT HAVE VERY GOOD NEWS.



ANVI HAS DOWN'S SYNDROME\*, WITH 75 PERCENT INTELLECTUAL DISABILITY. SHE ALSO HAS A CONGENITAL HEART DEFECT\*. HOWEVER, WITH THE RIGHT SUPPORT SHE CAN LIVE A FAIRLY NORMAL LIFE.

SOB... SOB.

WHEN ANVI WAS JUST FOUR MONTHS OLD, SHE HAD TO UNDERGO AN OPEN HEART SURGERY.

\*A GENETIC DISORDER THAT CAUSES DEVELOPMENTAL AND INTELLECTUAL DELAYS.

\*PROBLEMS WITH THE HEART'S STRUCTURE THAT EXIST SINCE BIRTH





AS ANVI GREW UP, SHE STRUGGLED TO DO SIMPLE THINGS OTHER KIDS HER AGE COULD EASILY DO.



ANVI, TALK TO ME. WHEN WILL YOU START SPEAKING?

WHEN ANVI WAS 10, HER PARENTS NOTICED SOMETHING AMAZING.



DO YOU SEE THAT?

OH! AMAZING!



THAT'S A GREAT IDEA! IT MAY HELP HER HEALTH TOO.

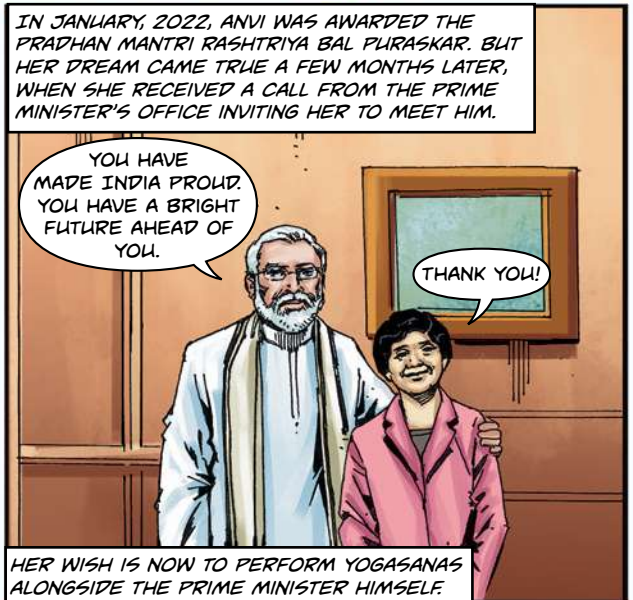
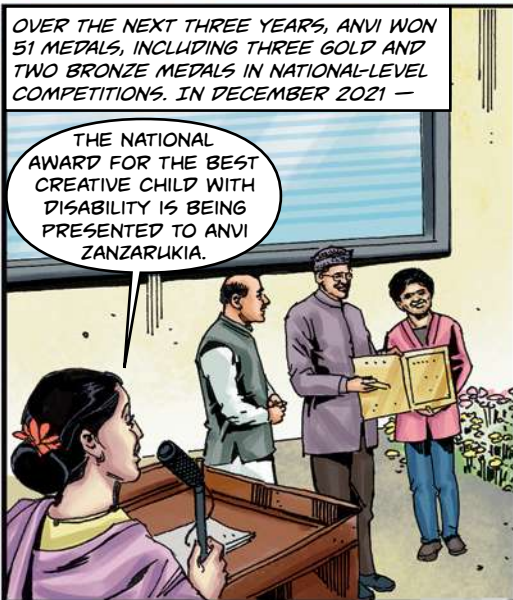
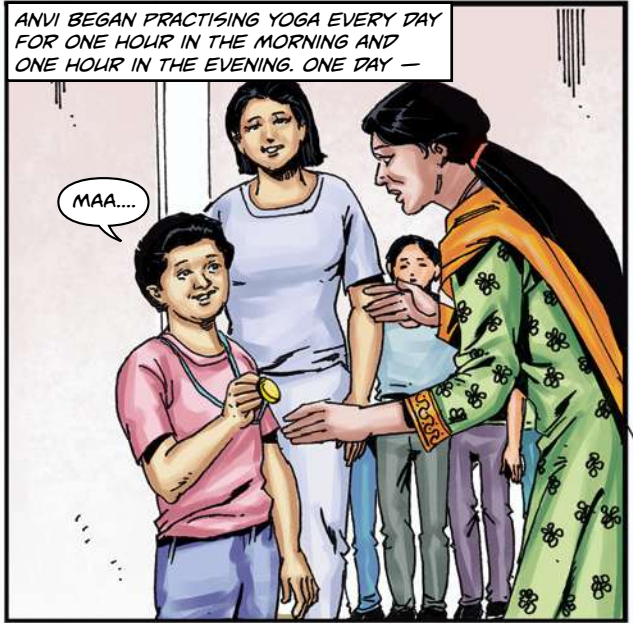
LOOK HOW FLEXIBLE SHE IS! ANVI CAN LEARN YOGA.

AT ANVI'S REQUEST, NAMRATA, THE YOGA TEACHER AT ANVI'S SCHOOL, BEGAN TO TRAIN HER.



BEND SLOWLY AND HOLD YOUR TOES. KNEES MUST BE STRAIGHT.













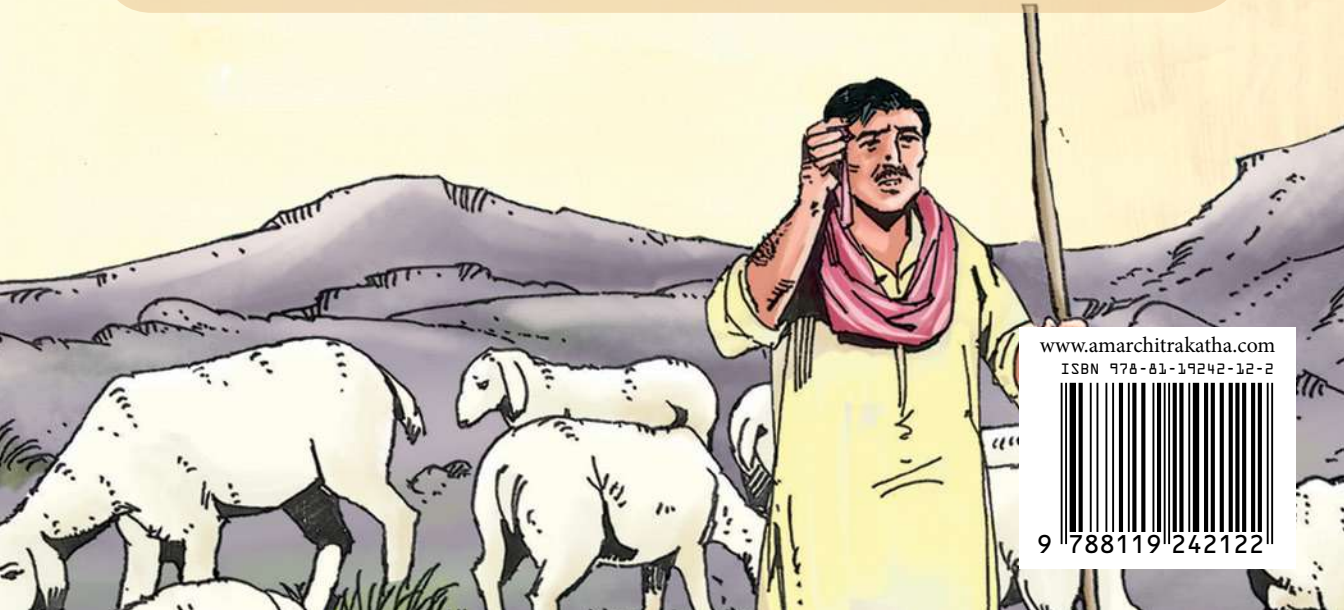
# MANN KI BAAT

VOL.1

When Prime Minister, Narendra Modi, started his monthly radio programme, 'Mann ki Baat' on 3 October, 2014, he wanted to have a platform where he could directly connect with people and talk to them of issues close to his heart.

In April 2023, he completed 100 episodes of this programme through which he brought to the fore some inspiring work done by ordinary citizens of India, for India. He also spoke of remarkable achievements by individuals and organisations. People who overcame disability, poverty and discouragement to scale great heights. People who gathered others around them by their own passion and convictions and motivated them to achieve impossible goals.

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