



MANN KI BAAT

VOL.7



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Dear children,

You must all have heard of the saying, 'Health is Wealth'. Indeed, as the world recovers from the Covid-19 pandemic, we all know how true that is. But good health requires good support. Whether that support comes from your family, neighbours, doctors, or even strangers, it can change the quality of your life.

Sanjana Goyal and her brothers were afflicted with Muscular Dystrophy when they were children. Instead of bemoaning their fate, Sanjana's parents supported their children, instilling in them a sense of positivity. As a result, Sanjana went on to establish Manav Mandir, Asia's largest hospital for Muscular Dystrophy.

Nikshay Mitras are people who support Tuberculosis patients. From 8-year-old Nalini Singh to the Pradhan of a village in Uttarakhand, ordinary people are supporting TB patients and improving their lives.

There are others who are offering free healthcare and organising health camps.

A common thread that runs through all these people is acknowledgment of the difficulties and also the gifts that they received in life, and the will to support others who might face the same challenges.

It is my sincere wish that you too find in yourselves the drive to give back to society the support that you receive in life.





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MANAV MANDIR

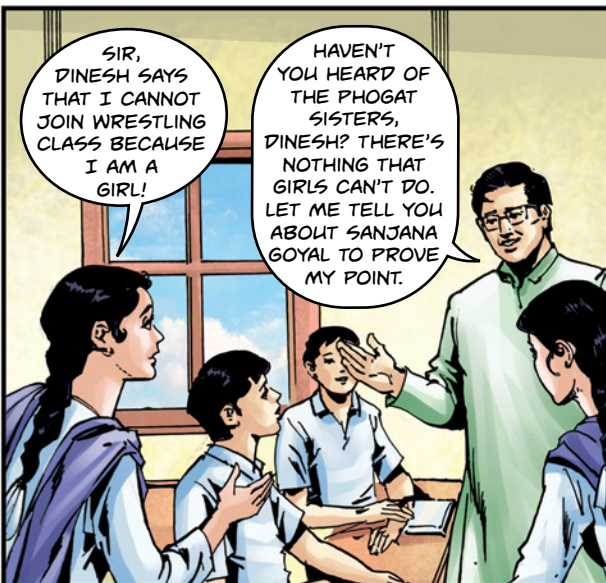
THERE WAS A HEATED ARGUMENT GOING ON IN CLASS.

WHAT DO YOU MEAN I CAN'T DO IT, DINESH? OF COURSE I CAN.

BUT YOU ARE A GIRL.

WHAT DID YOU SAY?

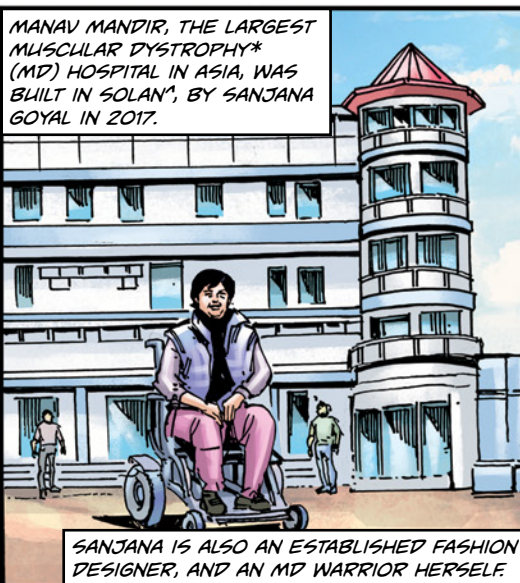
WOAH! HOLD ON. NO FIGHTING.



SIR, DINESH SAYS THAT I CANNOT JOIN WRESTLING CLASS BECAUSE I AM A GIRL!

HAVEN'T YOU HEARD OF THE PHOGAT SISTERS, DINESH? THERE'S NOTHING THAT GIRLS CAN'T DO. LET ME TELL YOU ABOUT SANJANA GOYAL TO PROVE MY POINT.

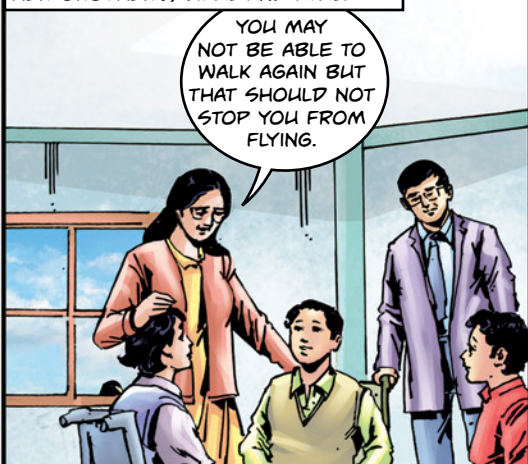
MANAV MANDIR, THE LARGEST MUSCULAR DYSTROPHY* (MD) HOSPITAL IN ASIA, WAS BUILT IN SOLAN[†], BY SANJANA GOYAL IN 2017.



SANJANA IS ALSO AN ESTABLISHED FASHION DESIGNER, AND AN MD WARRIOR HERSELF.

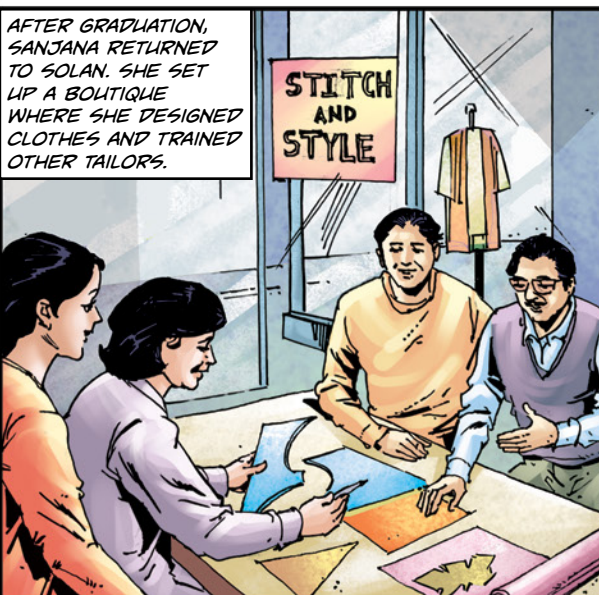
SANJANA DEVELOPED MD WHEN SHE WAS STILL IN SCHOOL, JUST LIKE HER BROTHERS, VIPUL AND ATUL.

YOU MAY NOT BE ABLE TO WALK AGAIN BUT THAT SHOULD NOT STOP YOU FROM FLYING.



THEIR PARENTS ENCOURAGED THEM TO STAY FIERCELY POSITIVE AND LEAD REGULAR LIVES.

AFTER GRADUATION, SANJANA RETURNED TO SOLAN. SHE SET UP A BOUTIQUE WHERE SHE DESIGNED CLOTHES AND TRAINED OTHER TAILORS.



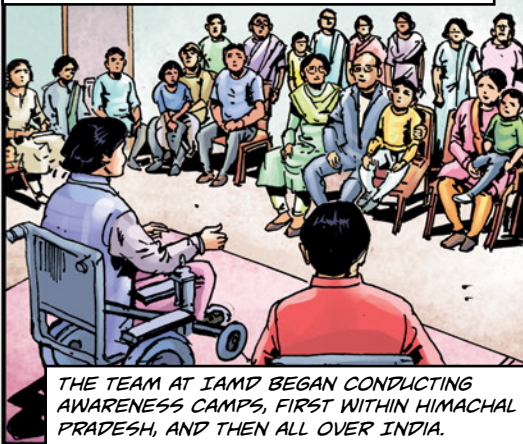
*A GROUP OF GENETIC DISEASES THAT CAUSE PROGRESSIVE WEAKNESS AND MUSCLE DEGENERATION

[†]IN HIMACHAL PRADESH

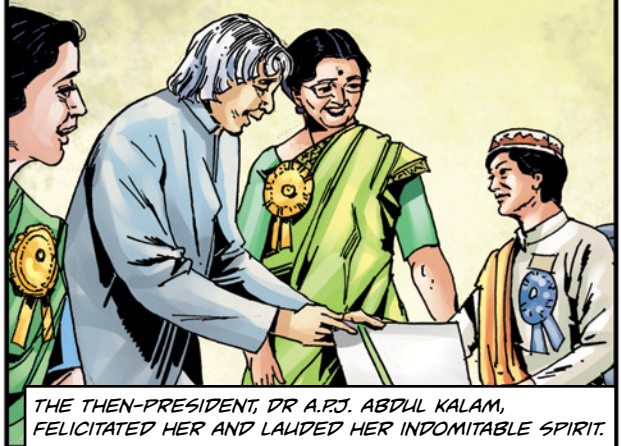
ALONG WITH BEING AN ENTREPRENEUR, SANJANA FELT THE NEED TO CREATE MORE AWARENESS ABOUT MD.



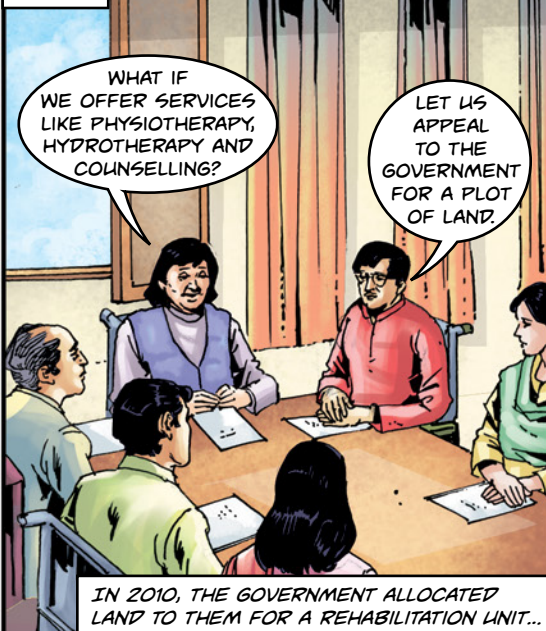
ALONG WITH LIKE-MINDED PEOPLE, SANJANA SET UP AN NGO CALLED INDIAN ASSOCIATION OF MUSCULAR DYSTROPHY (IAMD).



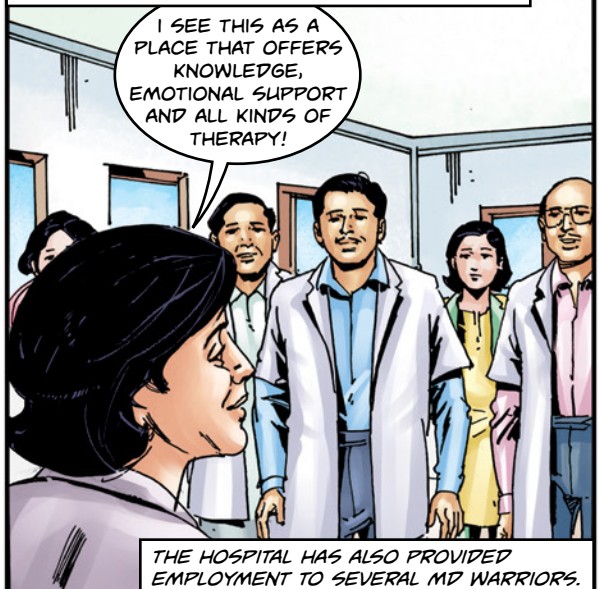
IN 2004, SANJANA WON THE NATIONAL AWARD FOR THE WELFARE OF PERSONS WITH DISABILITIES.



THEN —



...AND ON IT, MANAV MANDIR, A 70-BED HOSPITAL WITH RESEARCH, DIAGNOSIS AND REHABILITATION FACILITIES, SLOWLY CAME TO BE.



ENCOURAGED BY THE EXCELLENT RESPONSE, MANAV MANDIR KEPT ADDING THERAPEUTIC SERVICES...



...LIKE HYDROTHERAPY...



...PHYSIOTHERAPY...



...AND YOGA, AMONG OTHERS.

IN ADDITION TO THIS, MANAV MANDIR HAS ACTIVITY SESSIONS, WHERE MEMBERS SING, DANCE, PLAY GAMES...



...AND ALSO GO ON REJUVENATING PICNICS IN THE FRESH MOUNTAIN AIR.

WITH HER PERSISTENT DRIVE, SANJANA AND HER TEAM HAVE BROKEN SOCIAL TABOOS AND GIVEN A NEW LEASE OF LIFE TO PEOPLE WITH MD.



DIKAR SINGH MEWARI

IT WAS ANOTHER DAY AT SCHOOL. NAIR SIR WAS IN CLASS, READY WITH A STORY.

WHAT DO YOU CHILDREN KNOW ABOUT TUBERCULOSIS* OR TB, AS IT IS KNOWN?

ITS MEDICAL NAME IS KOCH'S DISEASE.

SIR IS GOING TO TELL US A STORY ABOUT KOCH'S DISEASE.

GURMEET WAS RIGHT.

IN A LITTLE-KNOWN VILLAGE CALLED KAKAUD IN NAINITAL DISTRICT*, LIVES DIKAR SINGH MEWARI, A RATHER EXCEPTIONAL YOUNG MAN.

DIKAR HAS BEEN ELECTED AS THE PRADHAN** OF KAKAUD FOR THE SECOND TIME.

DIKAR HAILS FROM AN ORDINARY BACKGROUND BUT HAS ALREADY ACCOMPLISHED SOME EXTRAORDINARY FEATS AS A SOCIAL WORKER.

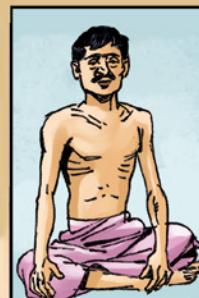
HE IS KNOWN FOR HIS DOWN-TO-EARTH DEMEANOUR AND HIS GENEROUS SERVICE TO PEOPLE.

*AN INFECTIOUS BUT CURABLE DISEASE
*IN UTTARAKHAND

**HEADMAN

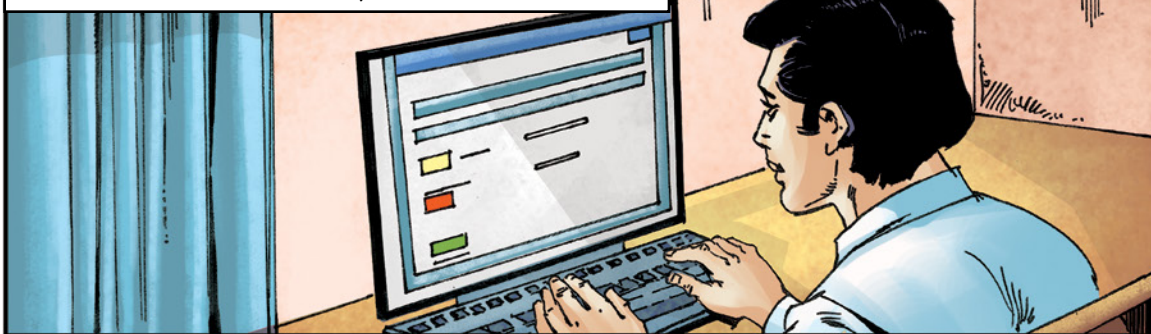
IN SEPTEMBER 2022, THE CENTRAL GOVERNMENT ANNOUNCED THE NIKSHAY MITRA SCHEME TO ERADICATE TB.

INDIA HAS 2.5 MILLION TB PATIENTS — THE HIGHEST IN THE WORLD! WE MUST JOIN HANDS IN OUR MISSION TO ELIMINATE THE DISEASE BY 2025.



'NI' TRANSLATES TO 'END', 'KSHAY' IS THE HINDI NAME FOR TB, AND 'MITRA' MEANS 'FRIEND'.

UNDER NIKSHAY MITRA, INDIANS CAN VOLUNTEER TO 'ADOPT' TB PATIENTS WHO CANNOT AFFORD MEDICAL CARE, AND SPONSOR THEIR NUTRITIONAL REQUIREMENTS AND TREATMENT.



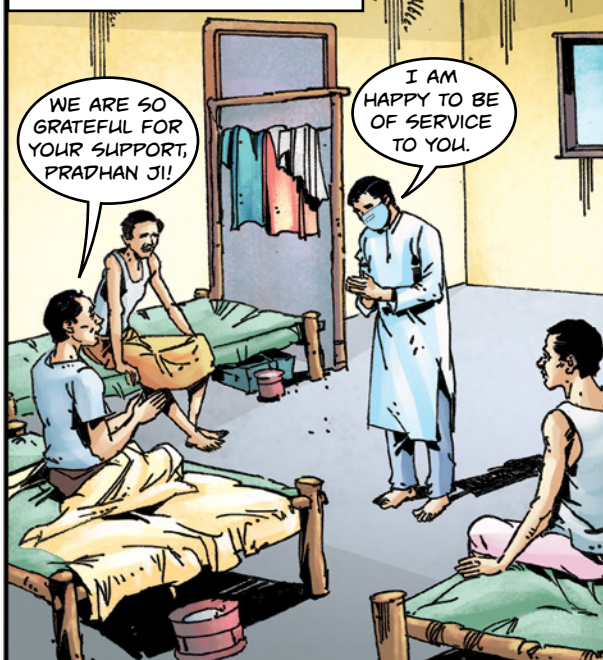
DIKAR LEARNT ABOUT NIKSHAY MITRA FROM A DOCTOR, WHO ALSO TOLD HIM THAT SIX TB PATIENTS IN HIS REGION COULD BENEFIT GREATLY FROM BEING ADOPTED.



TB PATIENTS ALSO HAVE TO DEAL WITH A LOT OF STIGMA ASSOCIATED WITH THE DISEASE. DO YOU THINK YOU CAN HELP?

OF COURSE, I WILL DO ALL I CAN TO HELP!

EVER WILLING TO SERVE PEOPLE, HE ADOPTED ALL SIX PATIENTS.



WE ARE SO GRATEFUL FOR YOUR SUPPORT, PRADHAN JI!

I AM HAPPY TO BE OF SERVICE TO YOU.

EVERY MONTH, DIKAR VISITS THE PATIENTS AND PROVIDES THEM WITH PROTEIN-RICH SUPPLIES SUCH AS DAL, RICE, ATTA, EGGS AND OIL.



HE USES A SIGNIFICANT PORTION OF HIS OWN SALARY, IN ADDITION TO THE AMOUNT HE GETS FROM THE GOVERNMENT EVERY MONTH.

WITH THE SPONSORSHIP, BETTER NUTRITION AND STEADY TREATMENT, FOUR OF THE SIX PATIENTS ARE ALMOST CURED...



I FEEL SO MUCH BETTER, WITH THE REGULAR TREATMENT AND CARE.

...AND THE OTHER TWO ARE ON THE ROAD TO RECOVERY.

DIKAR'S SINCERE EFFORTS HAVE BEEN LAUDED BY THE CHIEF MINISTER OF UTTARAKHAND, PUSHKAR SINGH DHAMI.

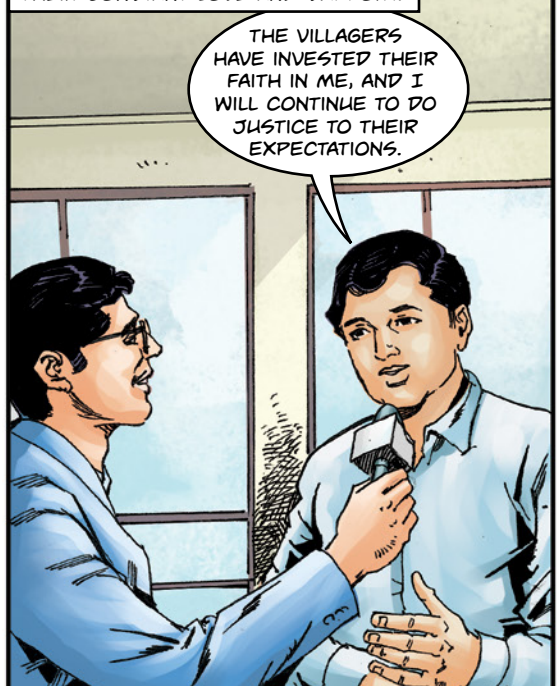


MEWARI JI, YOU ARE DOING EXCELLENT WORK! PLEASE LET US KNOW IF WE CAN BE OF ANY HELP.

THANK YOU, SIR!

HE HAS ALSO BEEN PRAISED BY THE PM OF INDIA.

DIKAR MAINTAINS THAT HE IS GRATEFUL TO ALL THE VILLAGERS FOR THEIR CONSTANT LOVE AND SUPPORT.



THE VILLAGERS HAVE INVESTED THEIR FAITH IN ME, AND I WILL CONTINUE TO DO JUSTICE TO THEIR EXPECTATIONS.

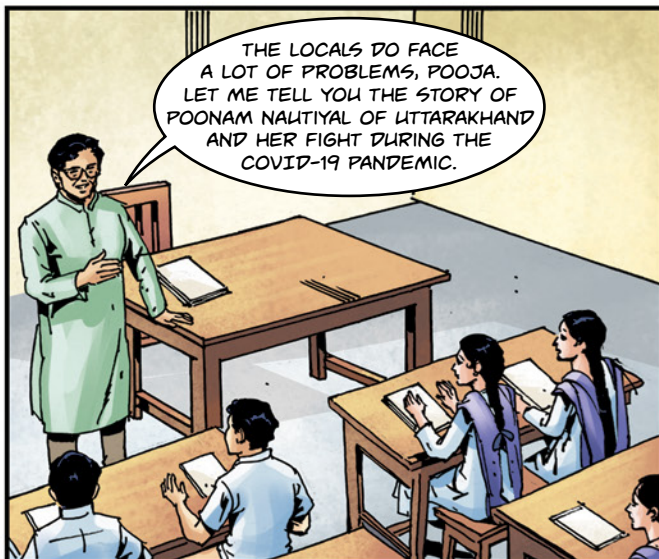
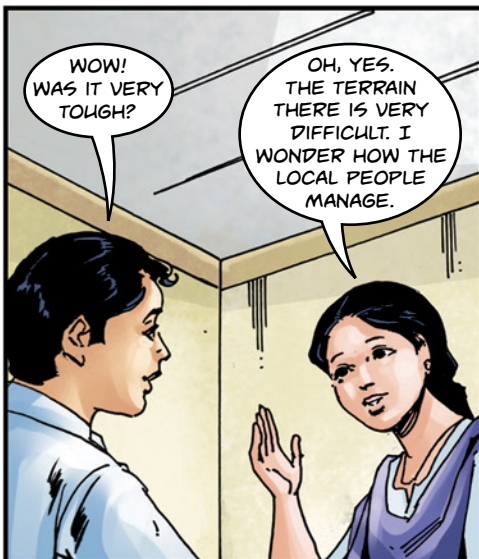
THROUGH HIS DEEDS, DIKAR HAS PROVED TO BE NOT JUST A NIKSHAY MITRA, BUT A MITRA IN THE TRUEST SENSE, TO THE COUNTRY.

POONAM NAUTIYAL

THE STUDENTS IN NAIR SIR'S CLASS WERE DISCUSSING THEIR RECENT VACATIONS.

MY FAMILY TOOK A TRIP TO AMRITSAR TO SEE THE GOLDEN TEMPLE.

I WENT ON A TREK TO UTTARAKHAND.



POONAM NAUTIYAL OF BAGESHWAR, UTTARAKHAND, IS A HEALTHCARE WORKER AT THE CHAANI KORAALI CENTRE. TOGETHER WITH HER TEAM, SHE MANAGED TO ACHIEVE 100% VACCINATION IN HER REGION.

EVEN WHEN SHE WAS YOUNG, POONAM WAS SELF-MOTIVATED.

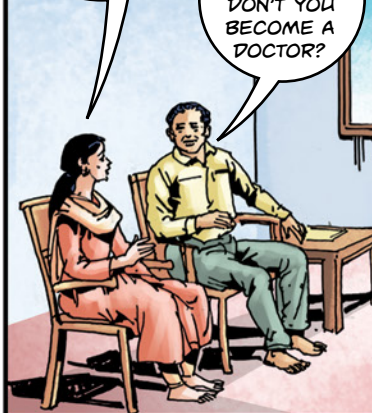
I WANT TO JOIN THE ARMY LIKE YOU, PAPA.

POONAM, YOU ARE SO GOOD AT SCHOOL. WHY DON'T YOU BECOME A DOCTOR?

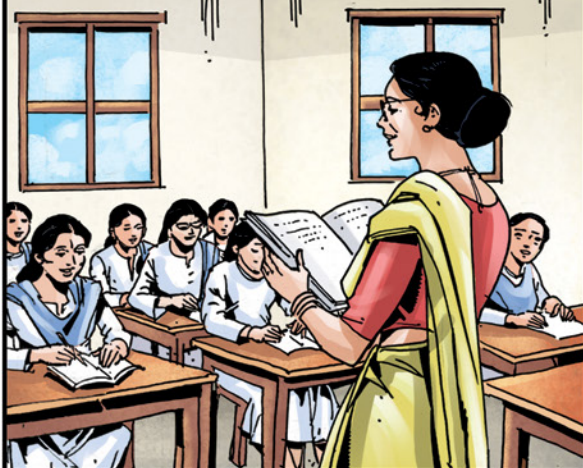
EVEN THOUGH POONAM WORKED HARD TO REALISE HER FATHER'S DREAM —

I'M SORRY, MY CHILD. WE CANNOT AFFORD TO SEND YOU TO MEDICAL COLLEGE.

PLEASE DON'T APOLOGISE, PAPA. I'M VERY GRATEFUL FOR THE WONDERFUL LIFE YOU HAVE GIVEN ME.



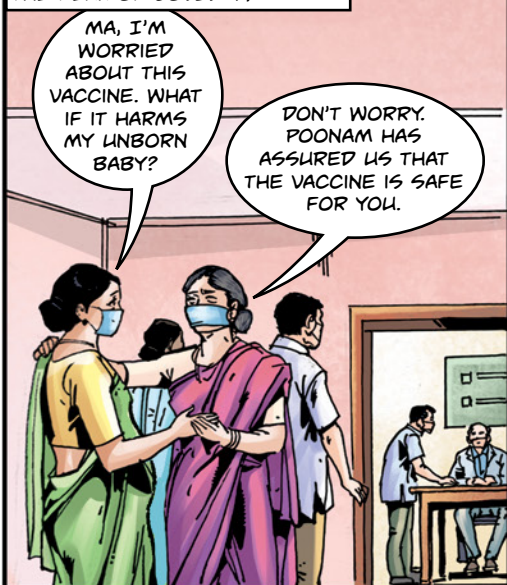
POONAM WAS NOT ONE TO GIVE UP HOPE. SHE COMPLETED AN 18-MONTH ANM* COURSE FROM A GOVERNMENT NURSING COLLEGE.



SHE THEN WORKED WITH THE NATIONAL HEALTH MISSION FOR FIVE YEARS BEFORE GETTING A JOB AT A HEALTH CENTRE.



AT THE HEALTH CENTRE, DURING THE PEAK OF COVID-19 —



MA, I'M WORRIED ABOUT THIS VACCINE. WHAT IF IT HARMS MY UNBORN BABY?

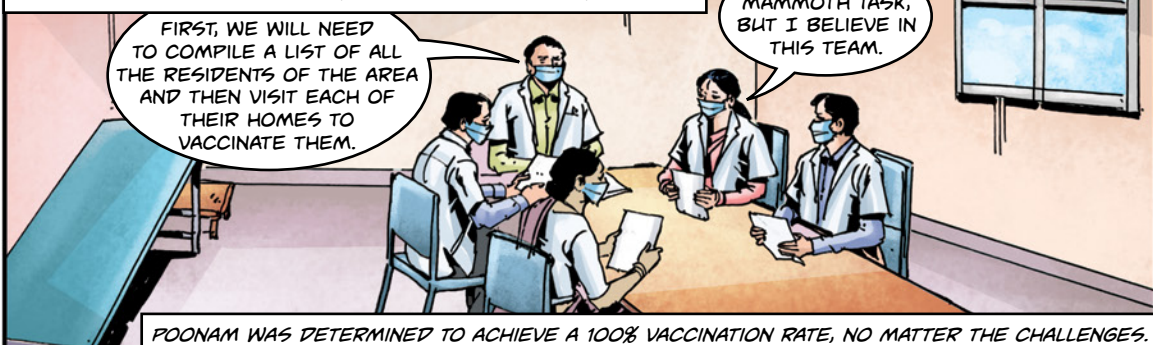
DON'T WORRY. POONAM HAS ASSURED US THAT THE VACCINE IS SAFE FOR YOU.

DOCTOR, THERE IS SO MUCH MISTRUST TOWARDS THE VACCINE. WE MUST DO SOMETHING.

YES, POONAM, IT IS UP TO US TO RAISE AWARENESS AND INCREASE VACCINATIONS.



THE CENTRE FORMED A FIVE-PERSON TEAM TO LEAD VACCINATION EFFORTS. THEY COLLABORATED WITH THE LOCAL ASHA* WORKER.



FIRST, WE WILL NEED TO COMPILE A LIST OF ALL THE RESIDENTS OF THE AREA AND THEN VISIT EACH OF THEIR HOMES TO VACCINATE THEM.

THIS IS A MAMMOTH TASK, BUT I BELIEVE IN THIS TEAM.

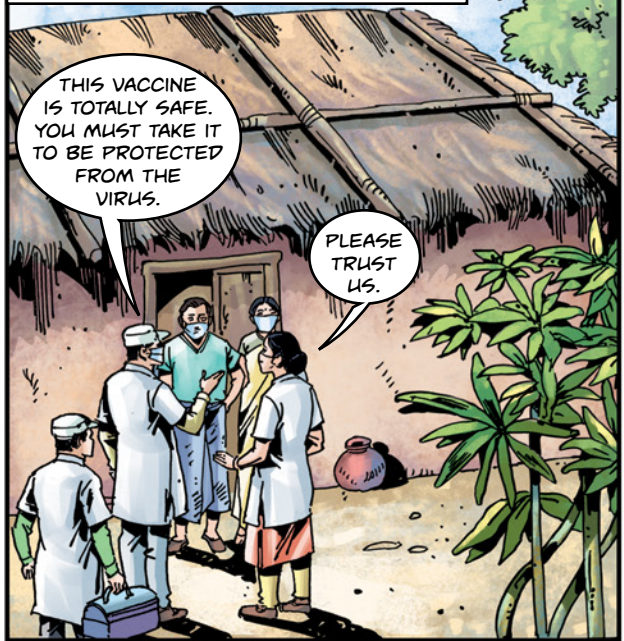
POONAM WAS DETERMINED TO ACHIEVE A 100% VACCINATION RATE, NO MATTER THE CHALLENGES.

THE CHALLENGES WERE PLENTY INDEED. THE TEAM HAD TO TRAVERSE HILLY TERRAIN AND OFTEN TREK THROUGH WATER-LOGGED ROADS TO PROVIDE VACCINATIONS.



THEY WOULD WALK UP TO 10 KMS EVERY DAY, PROVIDING VACCINES TO PREGNANT WOMEN, THE ELDERLY, AND HANDICAPPED PEOPLE, AT THEIR DOORSTEPS.

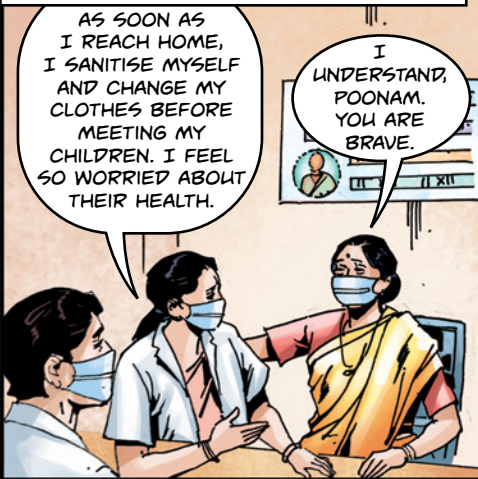
THERE WAS ALSO A NEED FOR AWARENESS.



THIS VACCINE IS TOTALLY SAFE. YOU MUST TAKE IT TO BE PROTECTED FROM THE VIRUS.

PLEASE TRUST US.

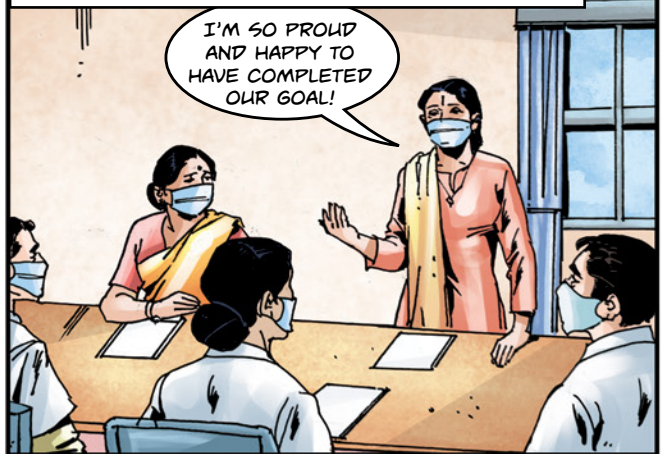
APART FROM BEING A HEALTHCARE WORKER, POONAM WAS ALSO A MOTHER OF TWO.



AS SOON AS I REACH HOME, I SANITISE MYSELF AND CHANGE MY CLOTHES BEFORE MEETING MY CHILDREN. I FEEL SO WORRIED ABOUT THEIR HEALTH.

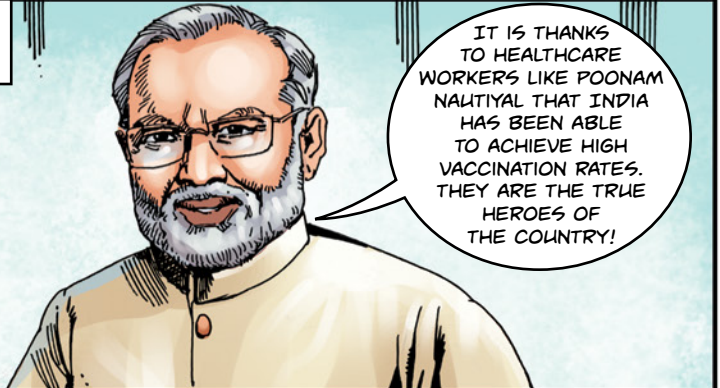
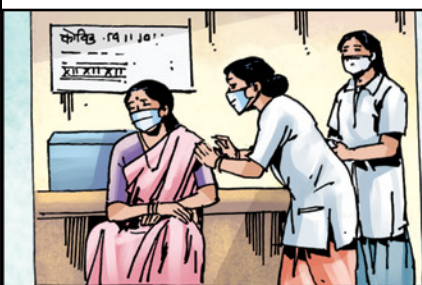
I UNDERSTAND, POONAM. YOU ARE BRAVE.

DESPITE THE ODDS, IN 2021, POONAM AND HER TEAM ACHIEVED THEIR GOAL OF 100% VACCINATION WITHIN SIX MONTHS. THEY HAD VACCINATED 1,72,000 PEOPLE.



I'M SO PROUD AND HAPPY TO HAVE COMPLETED OUR GOAL!

POONAM'S EFFORTS WERE APPLAUDED BY PM MODI AND SHE WAS INTERVIEWED ON HIS RADIO SHOW, MANN KI BAAT.



IT IS THANKS TO HEALTHCARE WORKERS LIKE POONAM NAUTIYAL THAT INDIA HAS BEEN ABLE TO ACHIEVE HIGH VACCINATION RATES. THEY ARE THE TRUE HEROES OF THE COUNTRY!

SANKALP 95

THE CHILDREN WERE WINDING UP A STORYTELLING SESSION AT A GOVERNMENT PRIMARY SCHOOL.



DID YOU ALL ENJOY THE STORY I TOLD YOU?

YES, DIDI*!

PLEASE COME AGAIN.

THOSE CHILDREN WERE SO HAPPY THAT WE VISITED! I WANT TO COME BACK AND TELL MORE STORIES.



YES, IT IS VERY SATISFYING TO DO SOMETHING GOOD. THE EX-STUDENTS OF KHRIST RAJA SCHOOL FELT THE SAME WHEN THEY GOT TOGETHER TO HELP THEIR COMMUNITY.

ON A PLEASANT EVENING SOME YEARS AGO, KHRIST RAJA HIGH SCHOOL (KRHS) IN BETTIAH, BIHAR, WAS ALIVE WITH LAUGHTER AND CONVERSATIONS.



OH, MY GOODNESS! SUCH WONDERFUL MEMORIES!

YES! AND HOW TIME DOES FLY!

IT WAS THE SCHOOL'S ALUMNI MEET, AND OLD FRIENDS WERE RECONNECTING AFTER AGES.

HOWEVER, UNKNOWN TO MOST OF THE ALUMNI, A SUGGESTION WAS ABOUT TO LEAD TO SOMETHING MOMENTOUS.



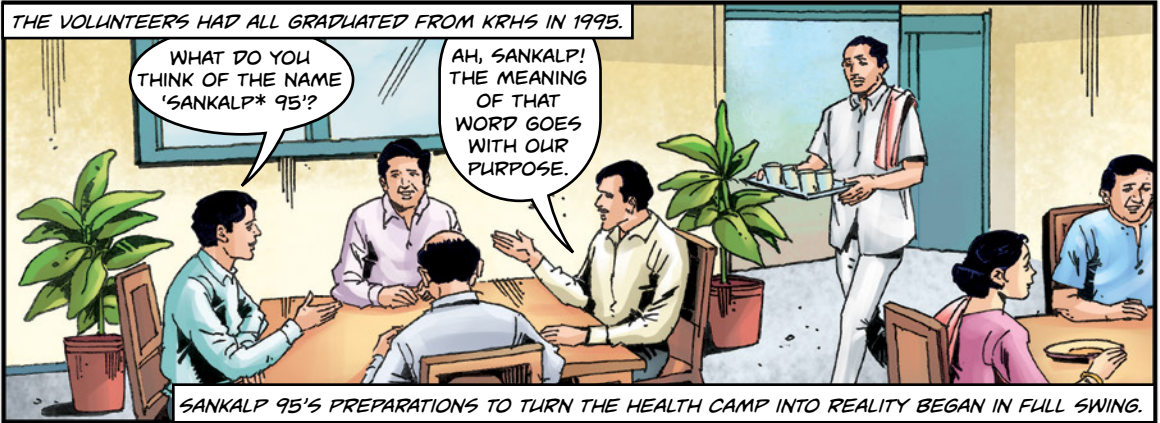
YOU KNOW, GUYS, I HAVE BEEN TOYING WITH THE IDEA OF ORGANISING A HEALTH CAMP FOR UNDERPRIVILEGED PEOPLE.

THAT IS FANTASTIC! I WOULD LOVE TO CONTRIBUTE HOWEVER I CAN.

COUNT ME IN AS WELL!

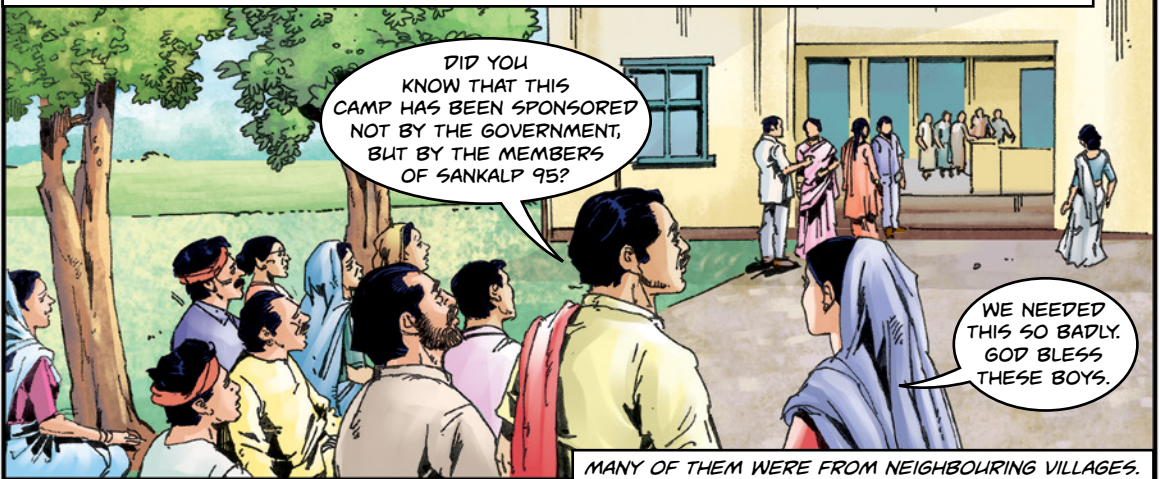
AND JUST LIKE THAT, A COMMUNITY OF VOLUNTEERS DECIDED TO COME TOGETHER FOR A SOCIAL CAUSE.

THE VOLUNTEERS HAD ALL GRADUATED FROM KRHS IN 1995.



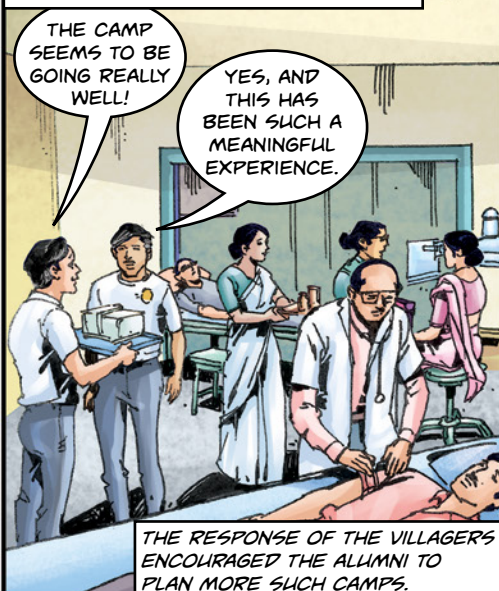
SANKALP 95'S PREPARATIONS TO TURN THE HEALTH CAMP INTO REALITY BEGAN IN FULL SWING.

ON THE DAY OF THE CAMP OVER A 1000 PEOPLE FLOCKED TO BHAIRONGANJ HEALTH CENTRE AT NADDA*.



MANY OF THEM WERE FROM NEIGHBOURING VILLAGES.

THE CAMP GAVE THE VILLAGERS THE OPPORTUNITY TO CONSULT DOCTORS AND RECEIVE MEDICATION AT NO COST.

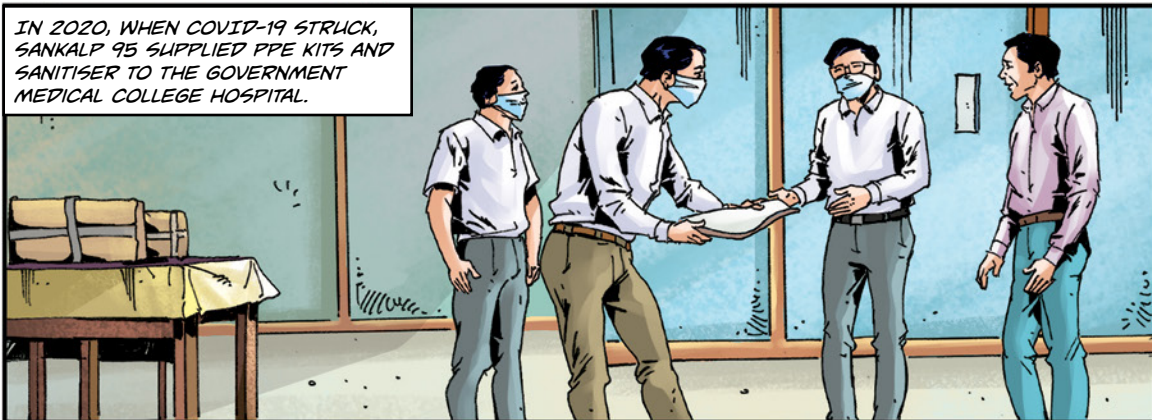


THE RESPONSE OF THE VILLAGERS ENCOURAGED THE ALUMNI TO PLAN MORE SUCH CAMPS.

SANKALP 95 PICKED UP MOMENTUM. MORE EX-STUDENTS BEGAN VOLUNTEERING FOR SOCIAL INITIATIVES...

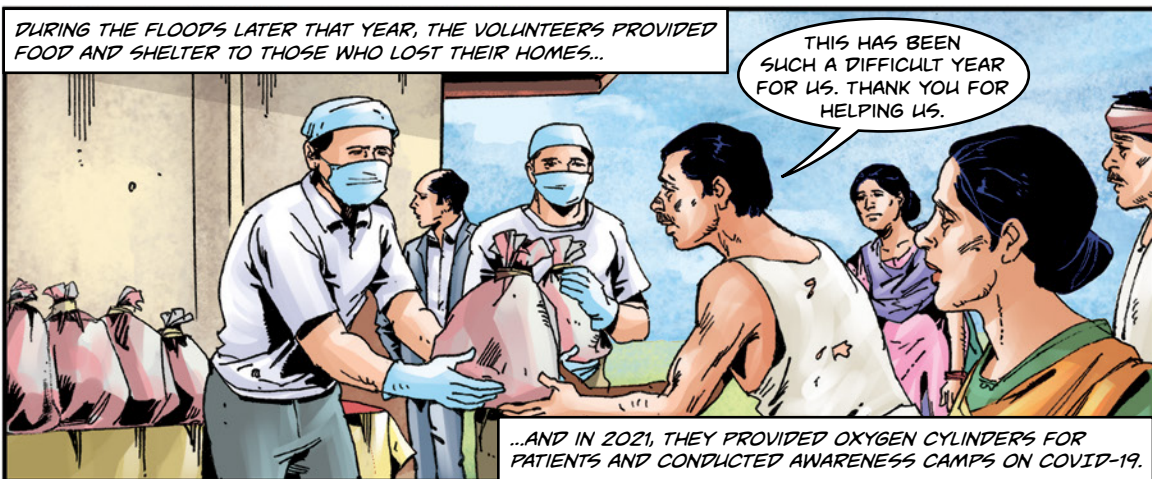


IN 2020, WHEN COVID-19 STRUCK, SANKALP 95 SUPPLIED PPE KITS AND SANITISER TO THE GOVERNMENT MEDICAL COLLEGE HOSPITAL.



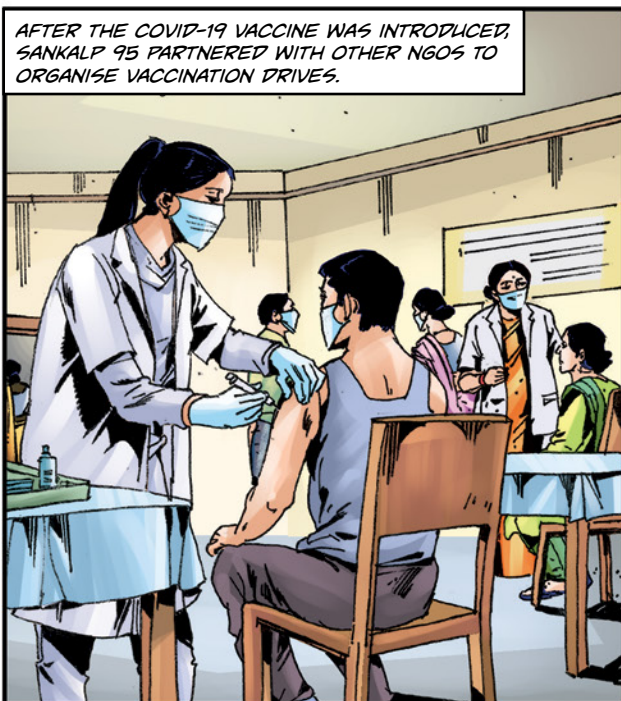
DURING THE FLOODS LATER THAT YEAR, THE VOLUNTEERS PROVIDED FOOD AND SHELTER TO THOSE WHO LOST THEIR HOMES...

THIS HAS BEEN SUCH A DIFFICULT YEAR FOR US. THANK YOU FOR HELPING US.



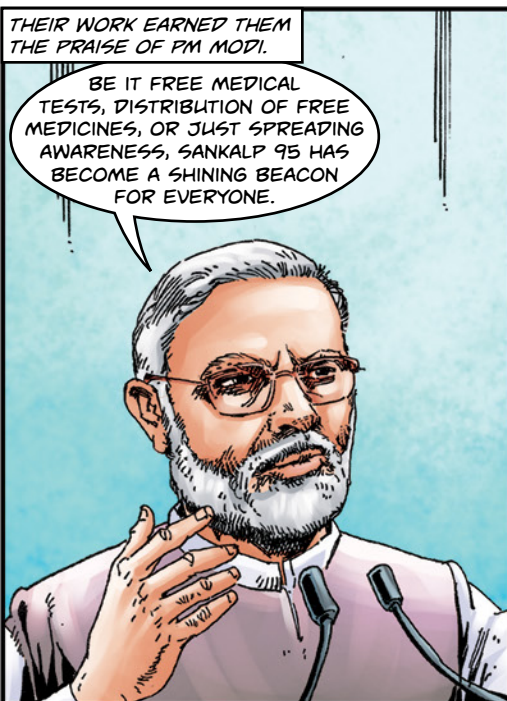
...AND IN 2021, THEY PROVIDED OXYGEN CYLINDERS FOR PATIENTS AND CONDUCTED AWARENESS CAMPS ON COVID-19.

AFTER THE COVID-19 VACCINE WAS INTRODUCED, SANKALP 95 PARTNERED WITH OTHER NGOS TO ORGANISE VACCINATION DRIVES.

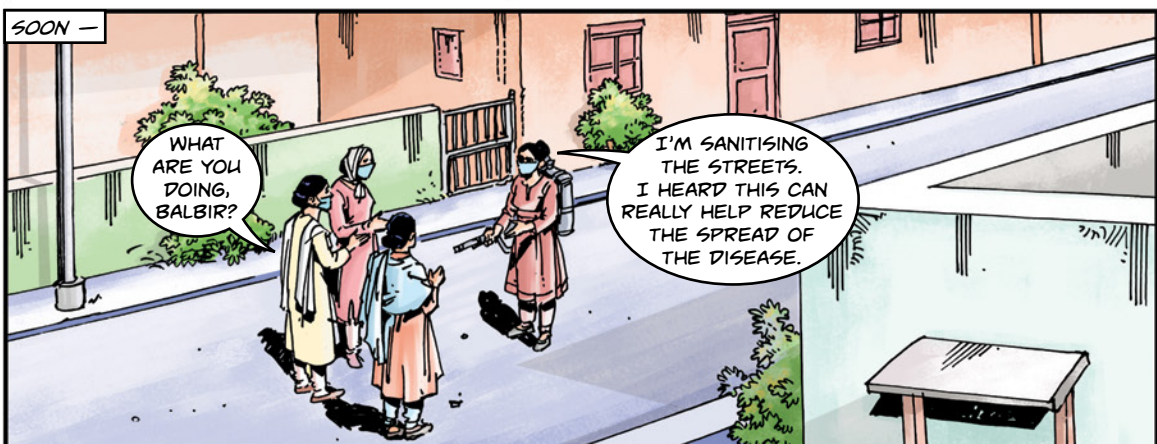
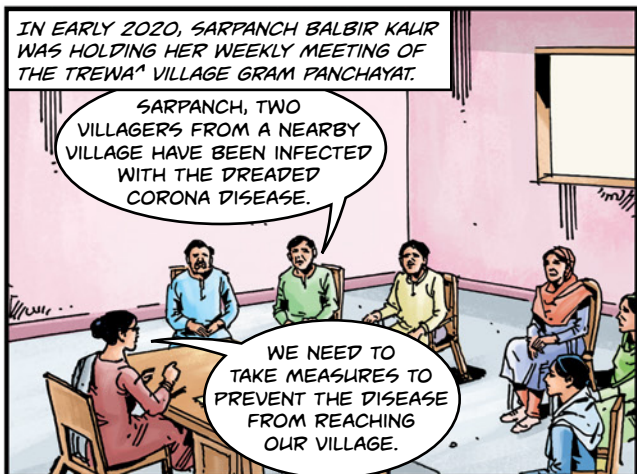
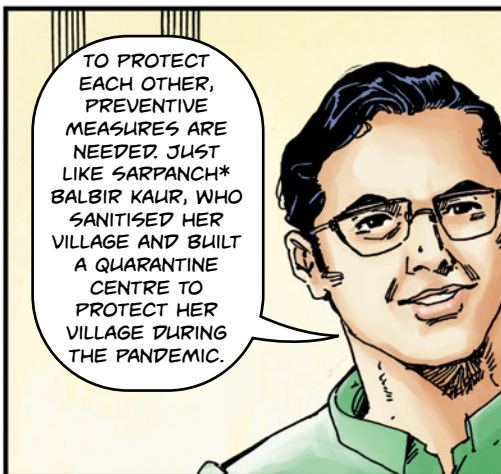
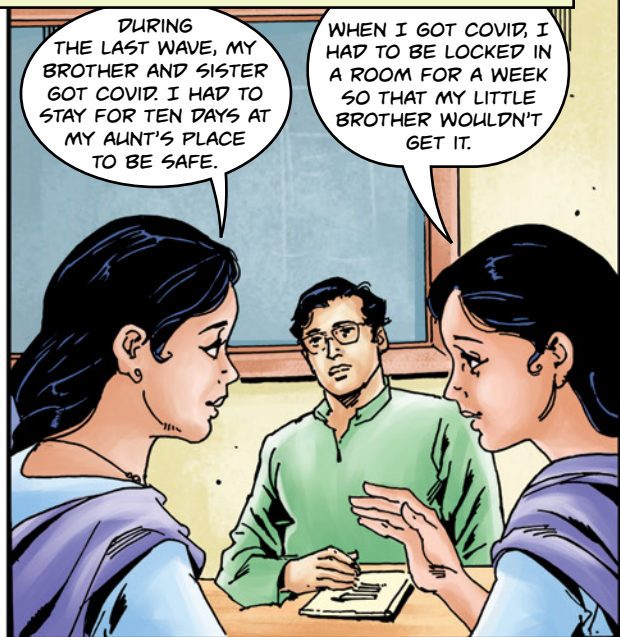
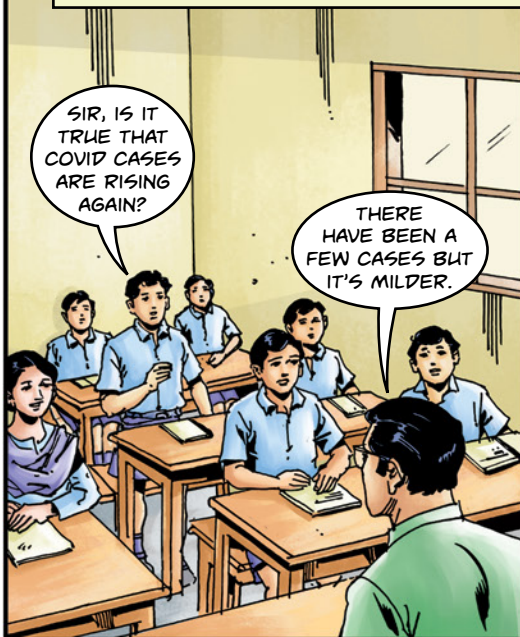


THEIR WORK EARNED THEM THE PRAISE OF PM MODI.

BE IT FREE MEDICAL TESTS, DISTRIBUTION OF FREE MEDICINES, OR JUST SPREADING AWARENESS, SANKALP 95 HAS BECOME A SHINING BEACON FOR EVERYONE.



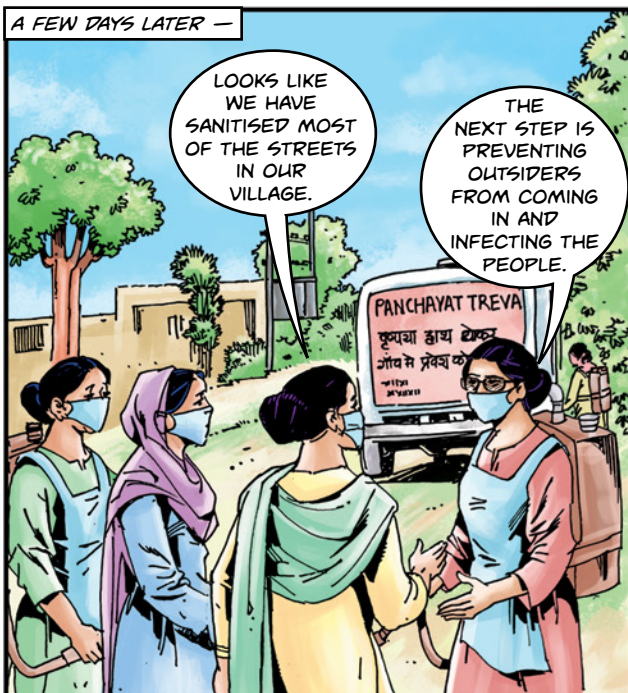
SARPANCH BALBIR KAUR



WHEN THE VILLAGERS CAME TO KNOW ABOUT BALBIR KAUR'S EFFORTS —



A FEW DAYS LATER —



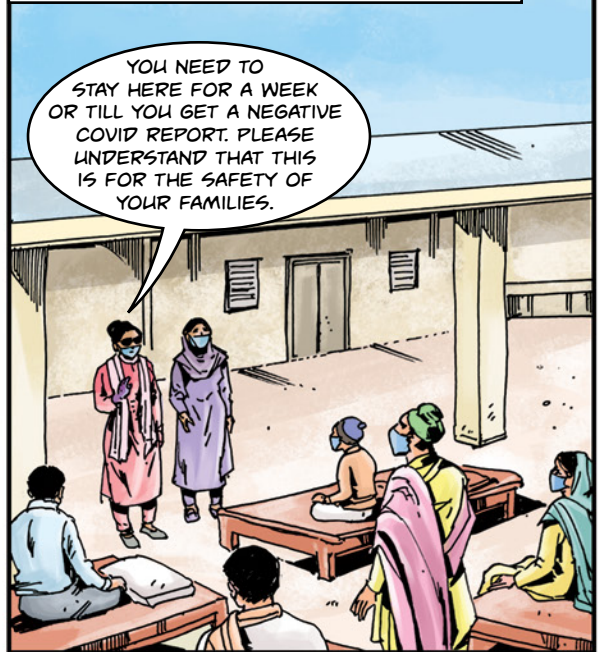
BALBIR KAUR SOON CALLED A PANCHAYAT MEETING.



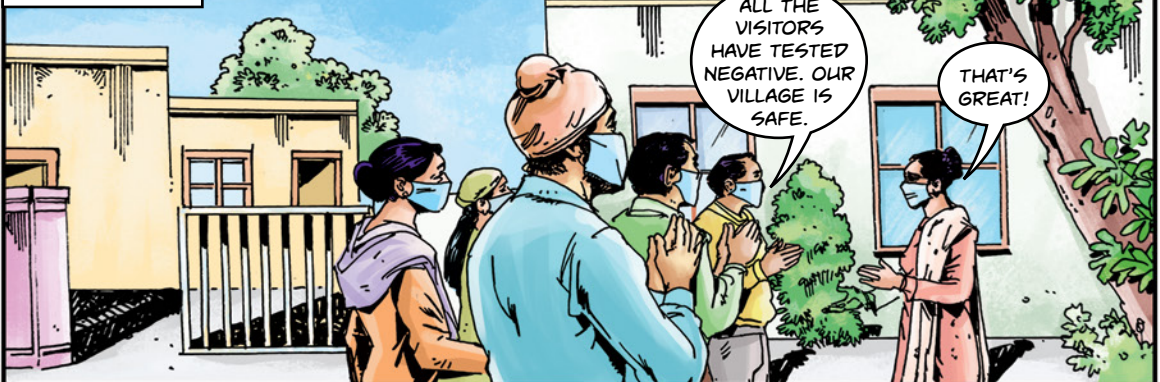
PREPARATIONS SOON BEGAN IN FULL SWING.



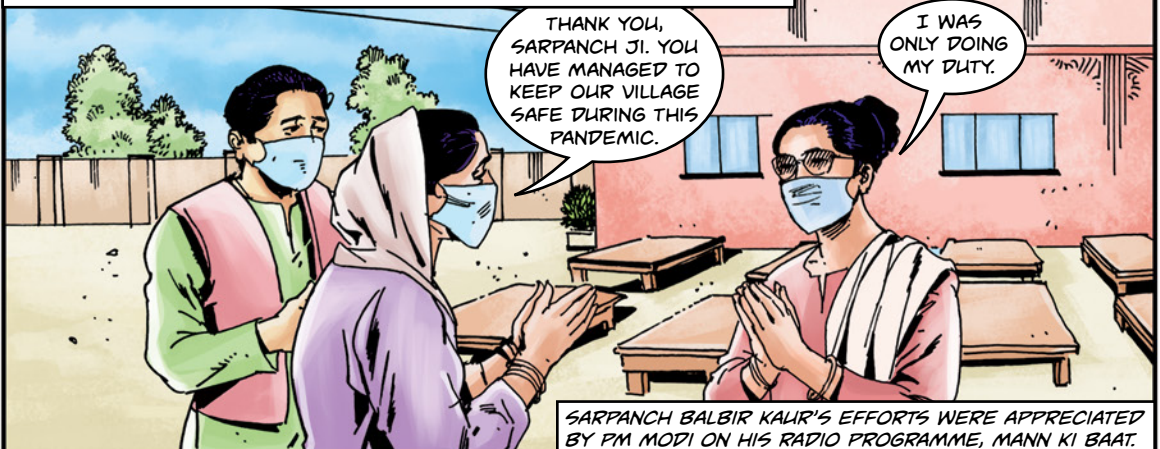
WHEN THE FIRST GROUP OF PEOPLE ARRIVED —



A WEEK LATER —

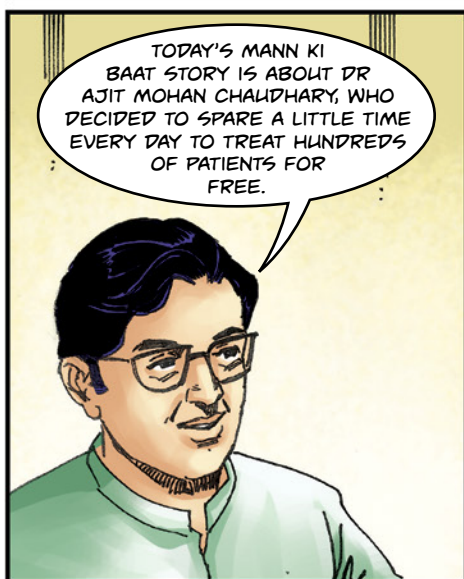
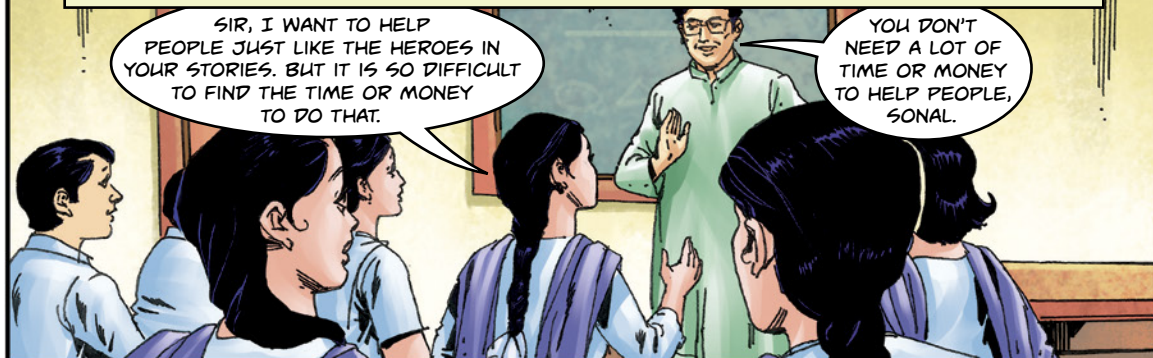


OVER THE NEXT FEW MONTHS, MANY VISITORS USED THE QUARANTINE CENTRE AND ONLY ENTERED TREWA VILLAGE WHEN THEY TESTED NEGATIVE.

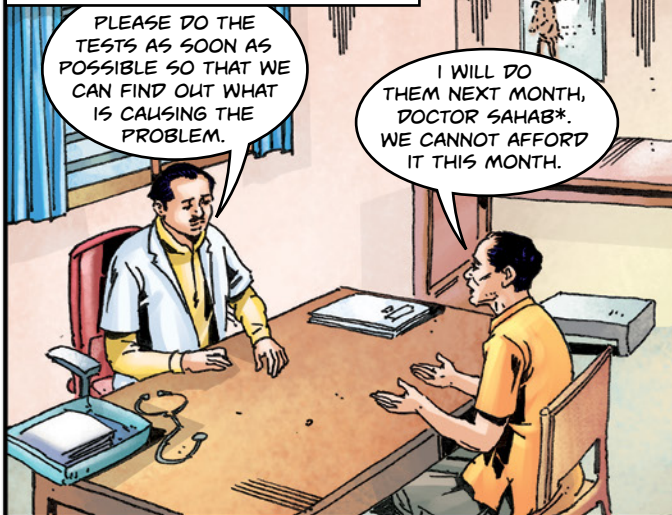




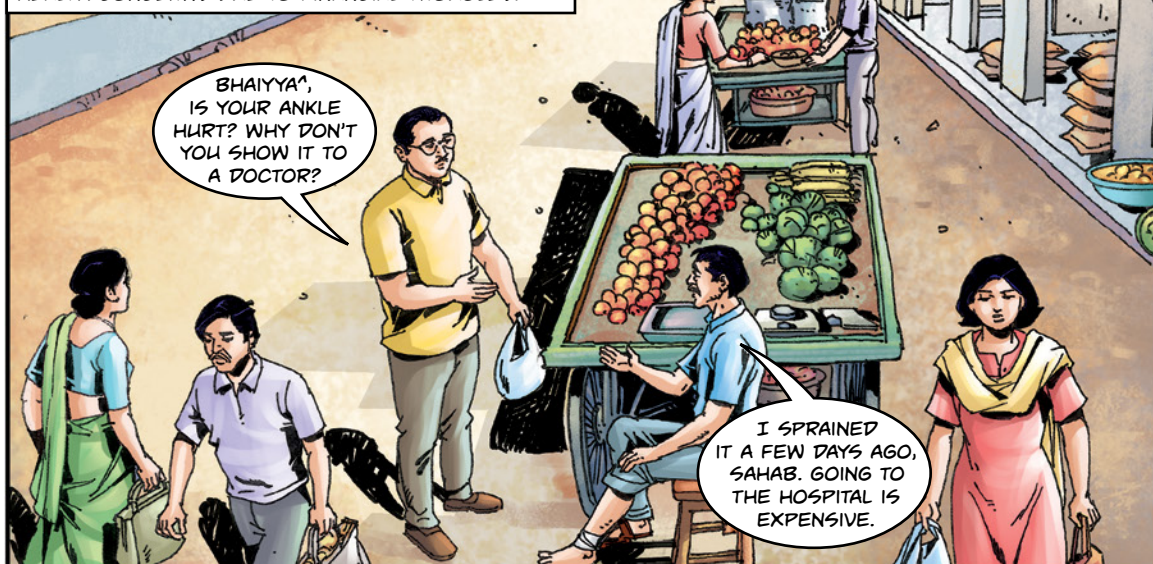
AJIT MOHAN CHAUDHARY



AJIT MOHAN CHAUDHARY IS A DOCTOR WHO RUNS A CLINIC IN KANPUR.



AJIT NOTICED THAT A LOT OF PEOPLE PUSHED ASIDE HEALTH CONCERNS DUE TO FINANCIAL TROUBLES.



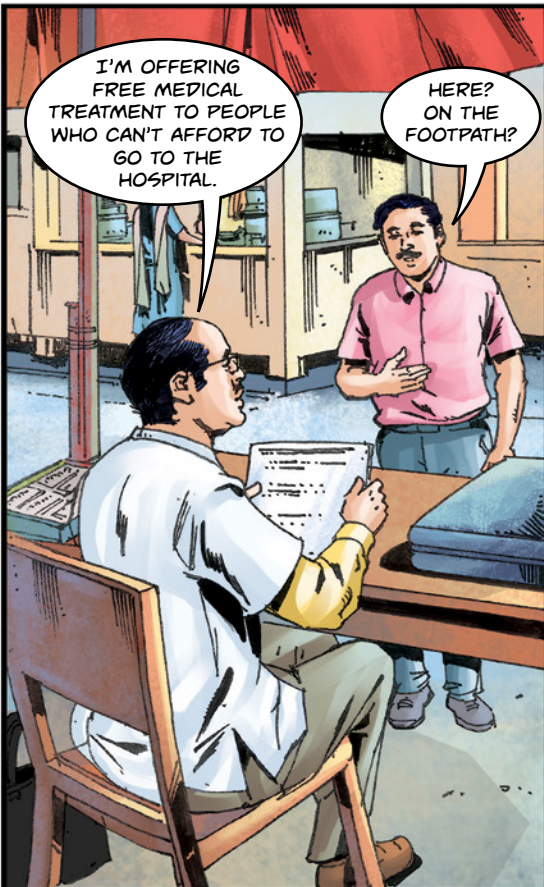
*A RESPECTFUL TERM WHILE ADDRESSING A SENIOR

*BROTHER

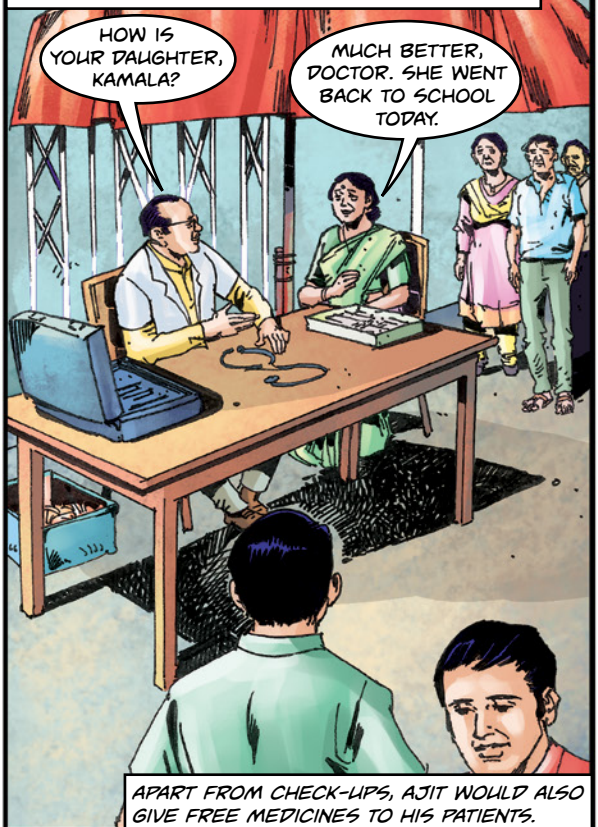
THE PROBLEM BOTHERED AJIT.

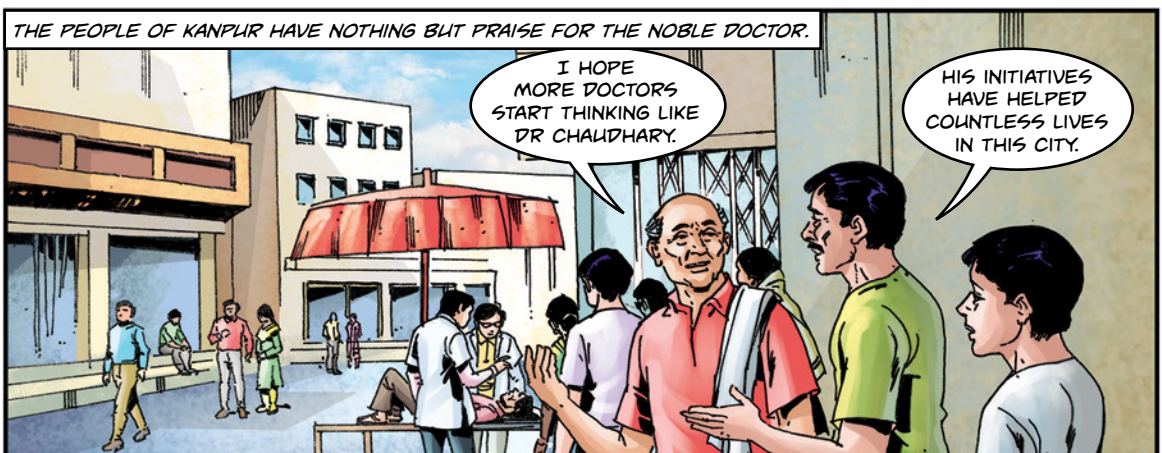
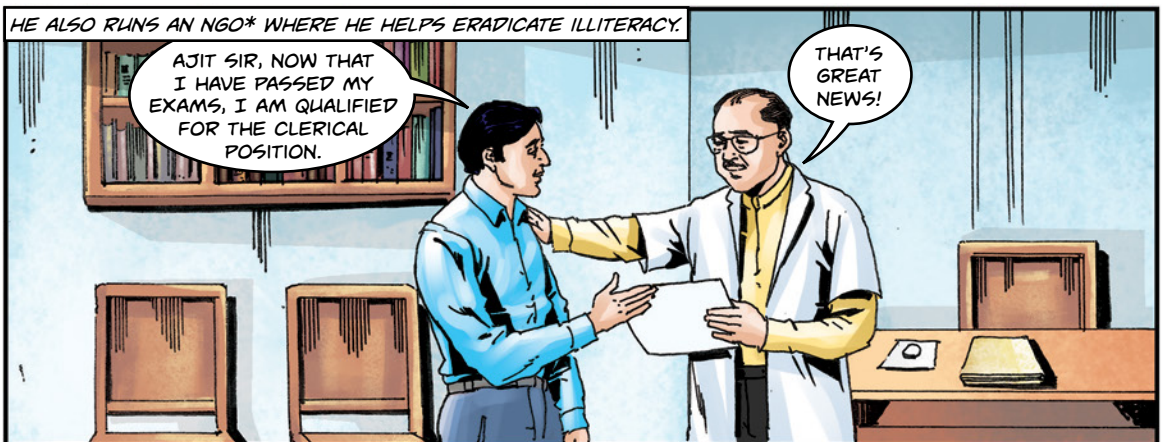
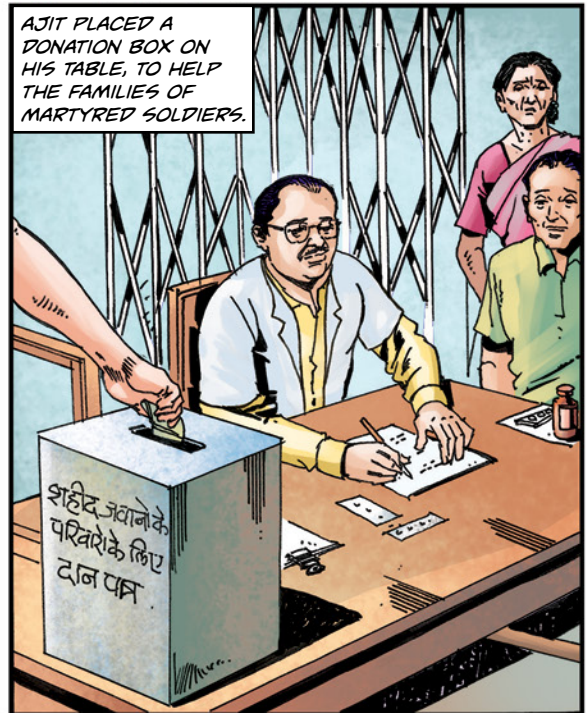


ONE DAY —

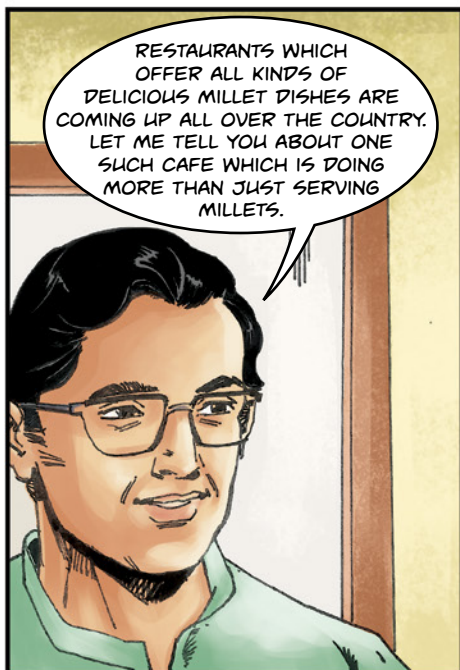


THE NEWS OF THE ROADSIDE CLINIC SPREAD AND MANY PEOPLE RECEIVED THE CARE THEY NEEDED.

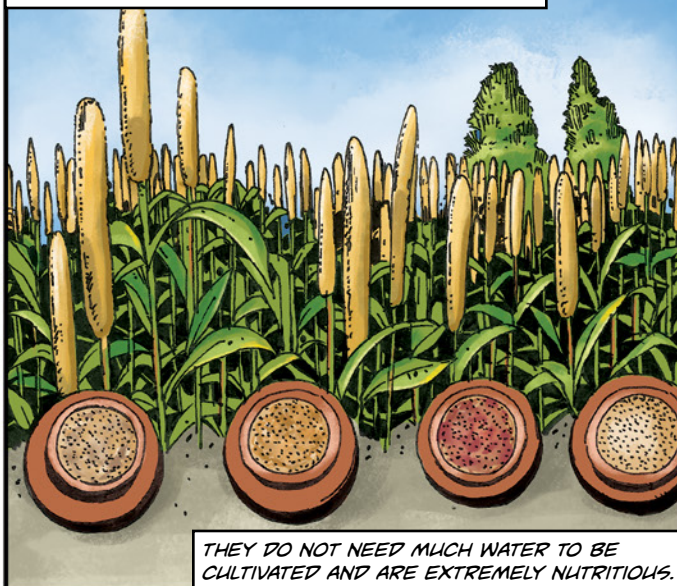




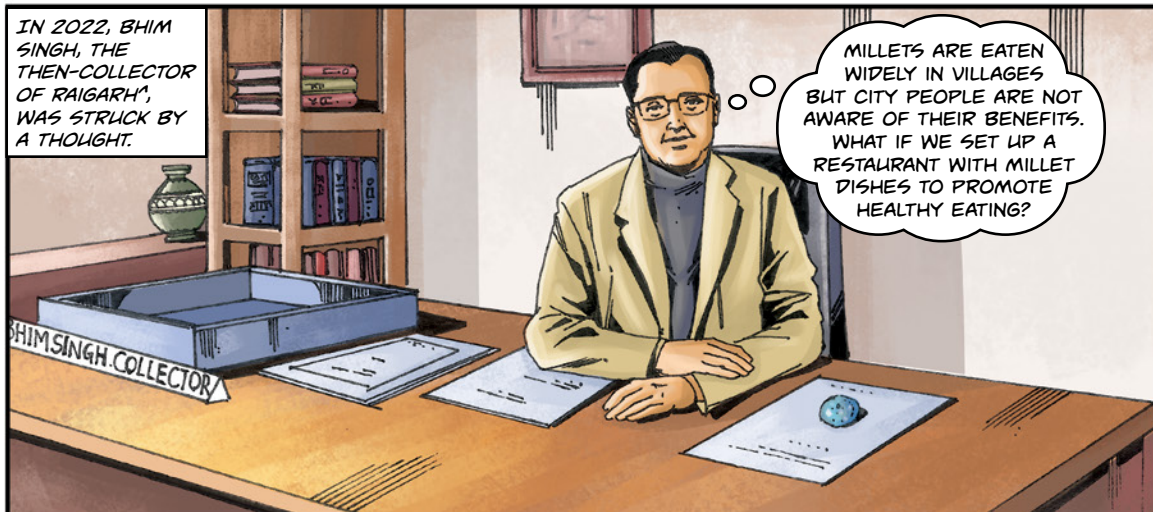
MILLETS CAFE



MILLETS ARE A GROUP OF CEREAL GRAINS FARMED ACROSS THE WORLD. THEIR RELATIONSHIP WITH INDIA DATES BACK THOUSANDS OF YEARS.

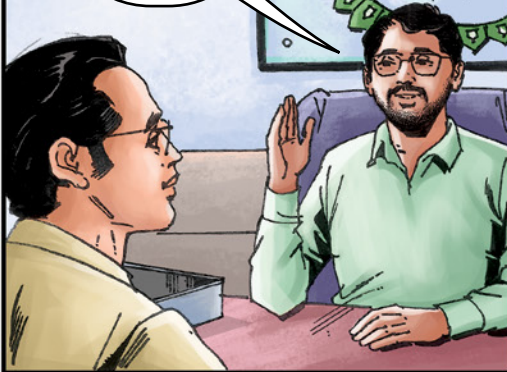


IN 2022, BHIM SINGH, THE THEN-COLLECTOR OF RAIGARH*, WAS STRUCK BY A THOUGHT.



BHIM DISCUSSED THE PROJECT WITH ABINASH MISHRA, THE C.E.O. OF THE RAIGARH DISTRICT PANCHAYAT.

GREAT IDEA!
WE CAN
COLLABORATE
WITH THE
TRANSFORMING
RURAL INDIA
FOUNDATION AND
WOMEN AND CHILD
DEVELOPMENT
DEPARTMENT
FOR TECHNICAL
SUPPORT.



IN MAY OF THAT YEAR, CHHATTISGARH'S FIRST MILLETS CAFE WAS INAUGURATED.

THIS CAFE
IS RUN MOSTLY BY
WOMEN, GIVING THEM
A SOURCE OF STABLE
EMPLOYMENT.

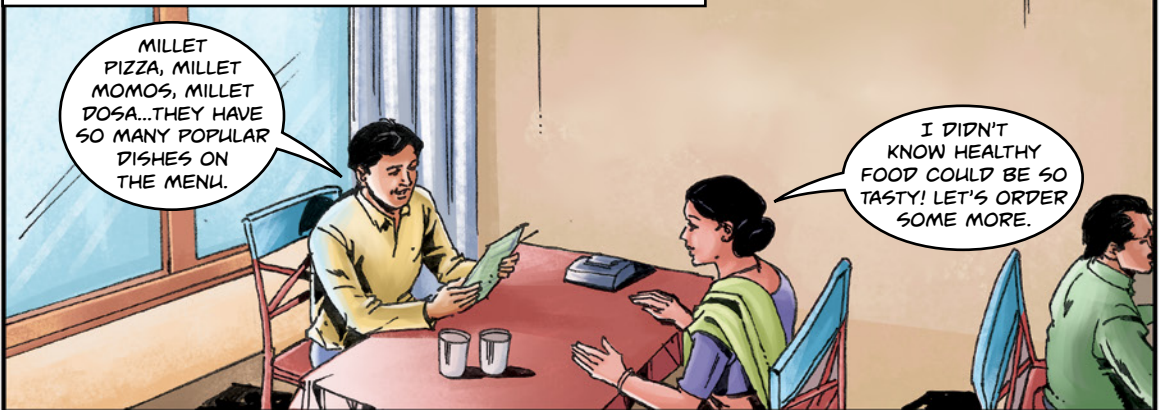
HOW
WONDERFUL!



AS NEWS OF THE CAFE SPREAD, CURIOUS PATRONS CAME TO VISIT.

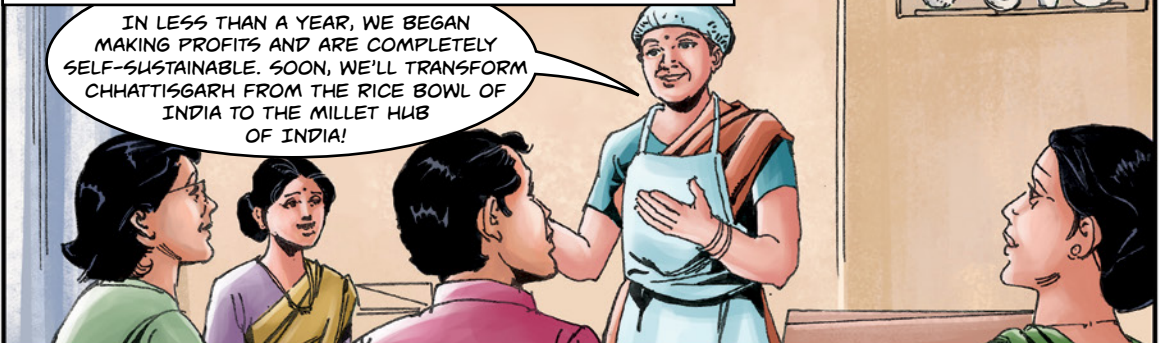
MILLET
PIZZA, MILLET
MOMOS, MILLET
DOSA...THEY HAVE
SO MANY POPULAR
DISHERS ON
THE MENU.

I DIDN'T
KNOW HEALTHY
FOOD COULD BE SO
TASTY! LET'S ORDER
SOME MORE.



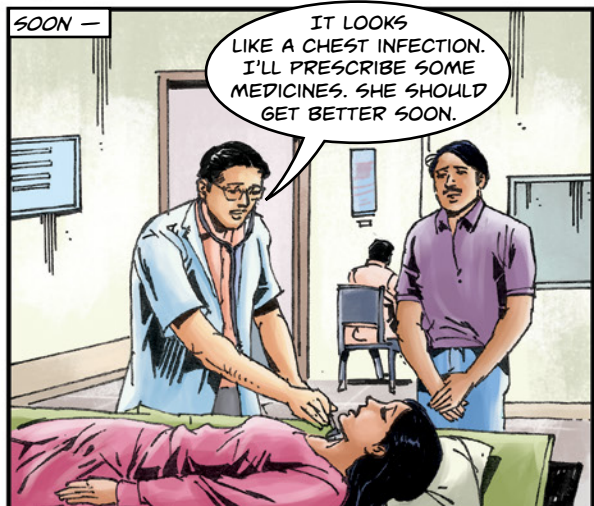
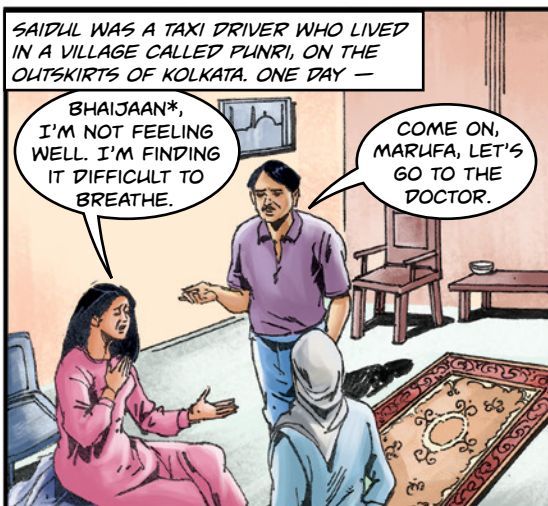
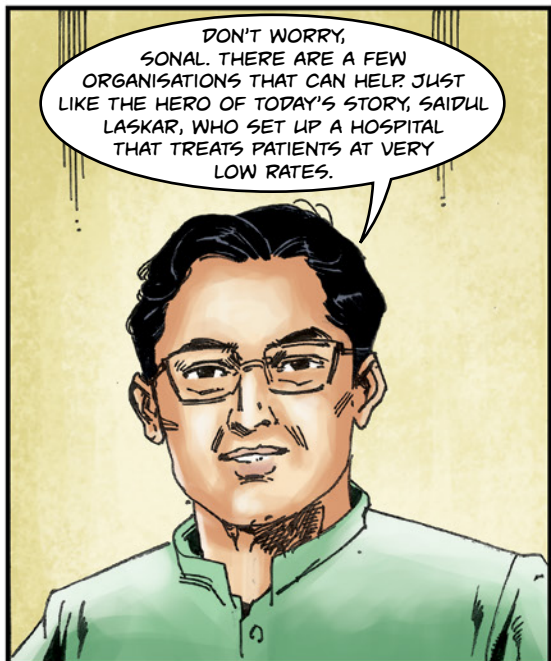
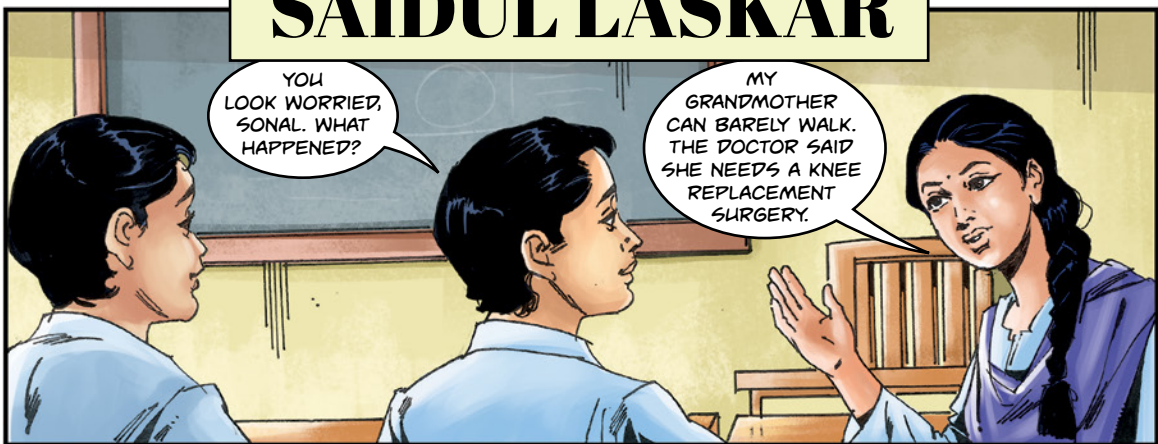
THE CAFE IS NOW MANAGED BY VIKAS MAHILA KSHETRA SANGH*, AND HEADED BY ROHINI PATNAIK, WHO IS PROUD OF THEIR PROGRESS.

IN LESS THAN A YEAR, WE BEGAN
MAKING PROFITS AND ARE COMPLETELY
SELF-SUSTAINABLE. SOON, WE'LL TRANSFORM
CHHATTISGARH FROM THE RICE BOWL OF
INDIA TO THE MILLET HUB
OF INDIA!

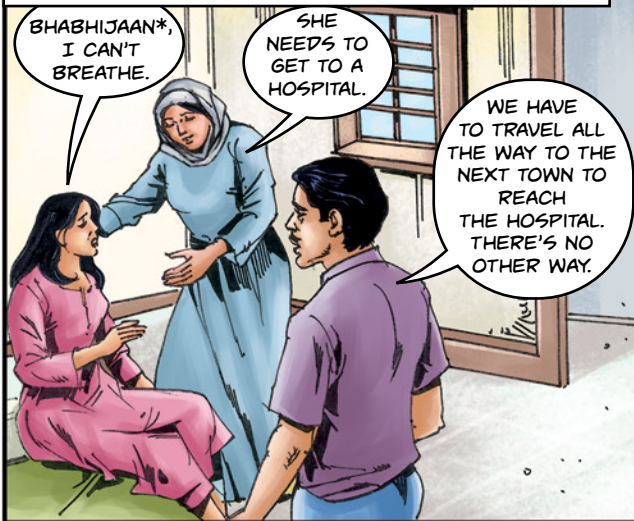


*A SELF-HELP GROUP COMMITTED TO THE CAUSE OF URBAN LIVELIHOOD

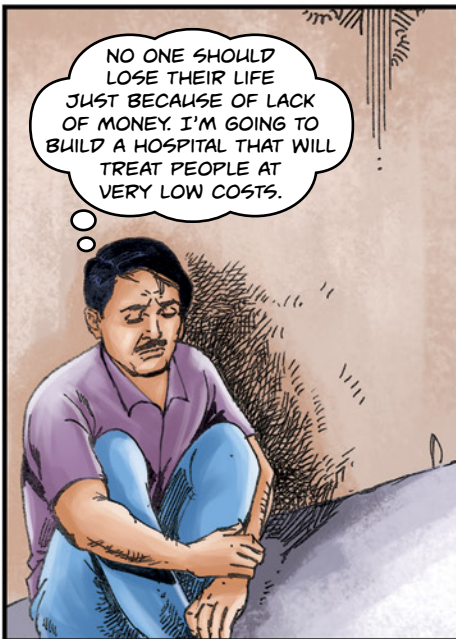
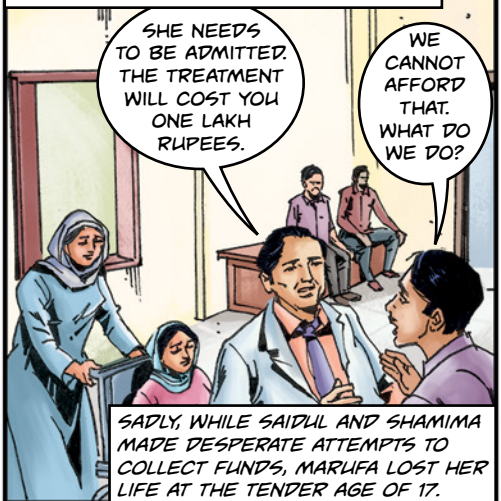
SAIDUL LASKAR



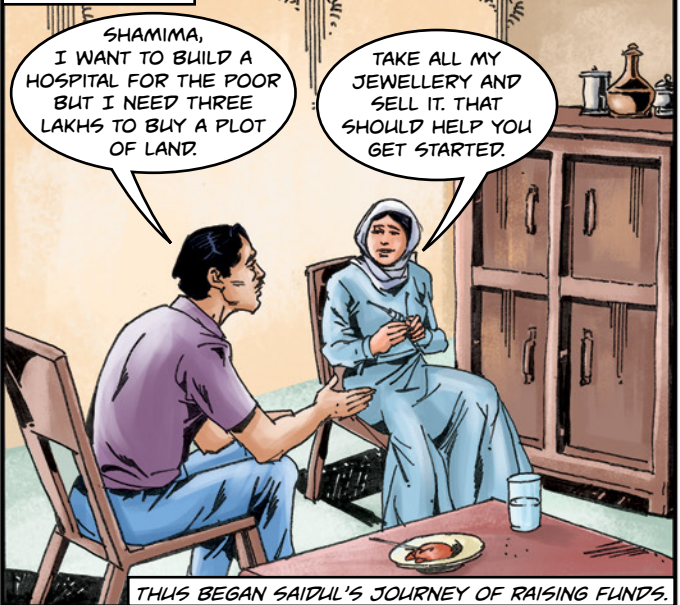
BUT MARUFA'S CONDITION TOOK A TURN FOR THE WORSE.



SAIDUL AND HIS WIFE, SHAMIMA, RUSHED WITH MARUFA TO THE HOSPITAL —



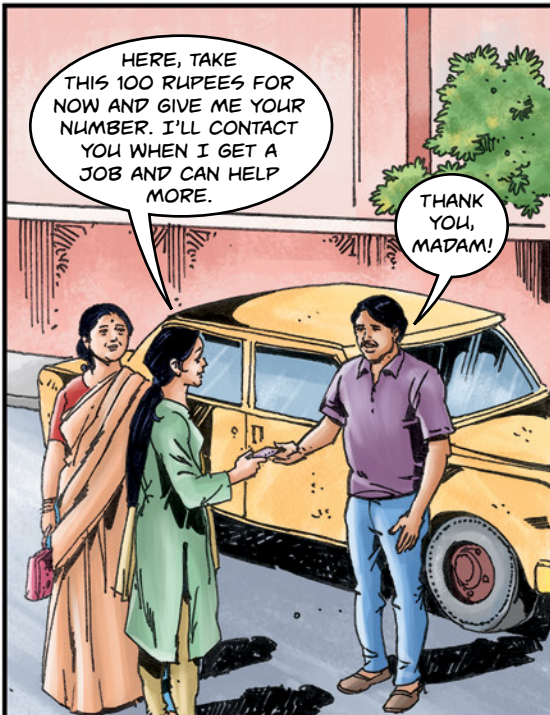
THE NEXT DAY —



HE SOON BEGAN TO ASK PASSENGERS FOR HELP.



*SISTER-IN-LAW

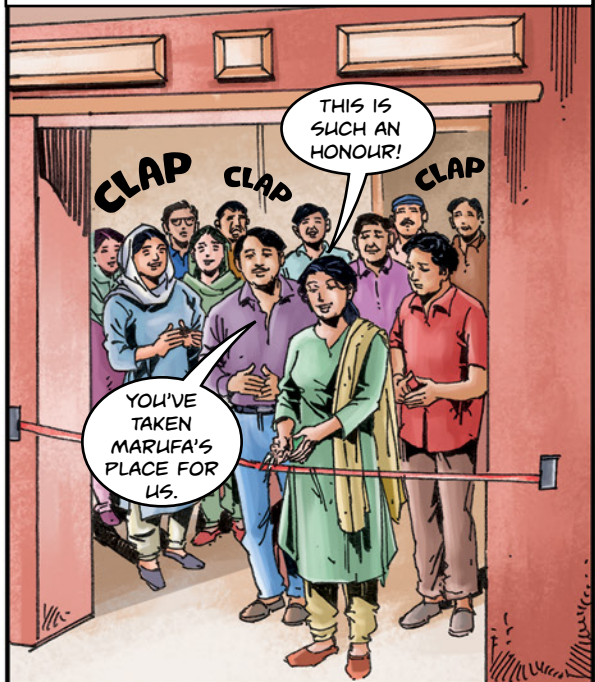


HERE, TAKE THIS 100 RUPEES FOR NOW AND GIVE ME YOUR NUMBER. I'LL CONTACT YOU WHEN I GET A JOB AND CAN HELP MORE.

THANK YOU, MADAM!

THE PASSENGER WAS 23-YEAR-OLD SHRISHTI GHOSH WHO, A FEW YEARS LATER, GAVE SAIDUL HER ENTIRE FIRST MONTH'S SALARY OF RS 25,000.

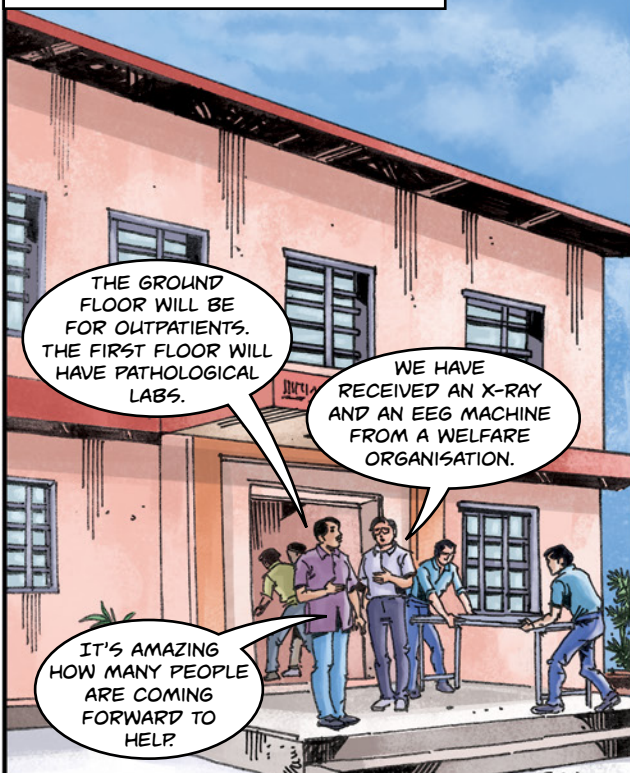
SAIDUL CONTINUED COLLECTING FUNDS FROM PASSENGERS, VILLAGERS AND SOME NGOS FOR THE NEXT 12 YEARS. FINALLY IN 2018, THE MARUFA SMRITI WELFARE FOUNDATION WAS INAUGURATED BY SHRISHTI.



THIS IS SUCH AN HONOUR!

YOU'VE TAKEN MARUFA'S PLACE FOR US.

SAIDUL HAS SO FAR SPENT RS 36 LAKHS TO CONSTRUCT THE HOSPITAL.



THE GROUND FLOOR WILL BE FOR OUTPATIENTS. THE FIRST FLOOR WILL HAVE PATHOLOGICAL LABS.

WE HAVE RECEIVED AN X-RAY AND AN EEG MACHINE FROM A WELFARE ORGANISATION.

IT'S AMAZING HOW MANY PEOPLE ARE COMING FORWARD TO HELP.

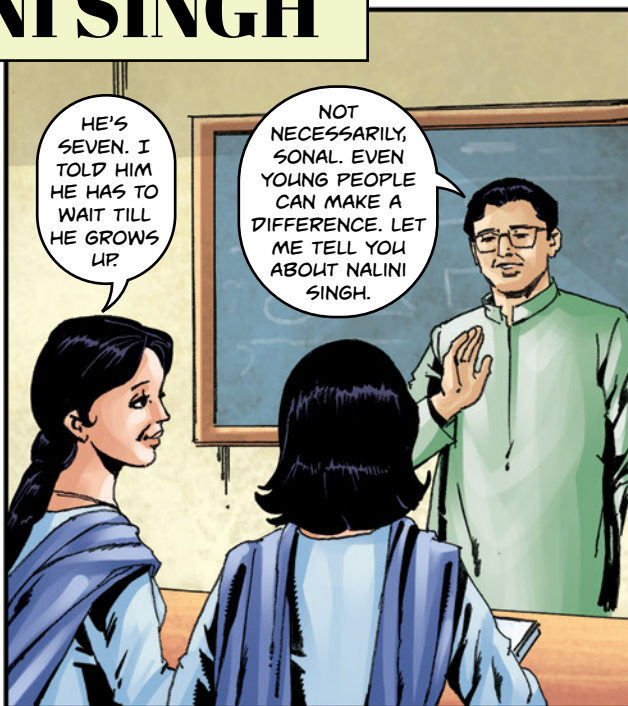
SAIDUL CONTINUES TO COLLECT FUNDS TO BUILD MORE FACILITIES IN HIS HOSPITAL WITH ONLY ONE AIM —



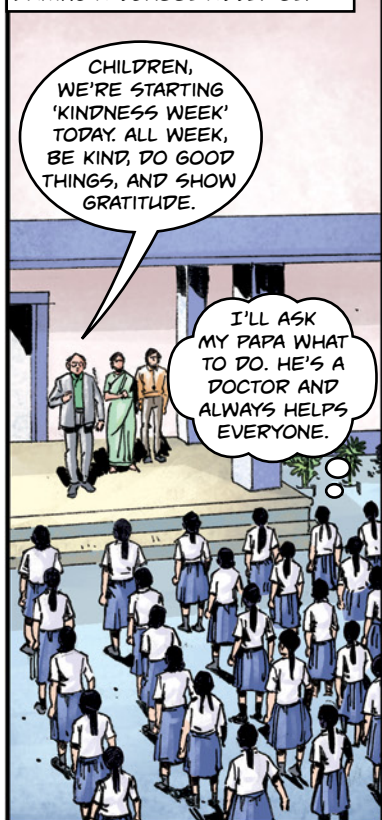
I WANT TO PROVIDE AFFORDABLE HEALTHCARE TO PEOPLE FROM 100 VILLAGES AROUND PUNRI.

HIS EFFORTS EVEN FOUND MENTION IN PM MODI'S RADIO PROGRAMME, MANN KI BAAT.

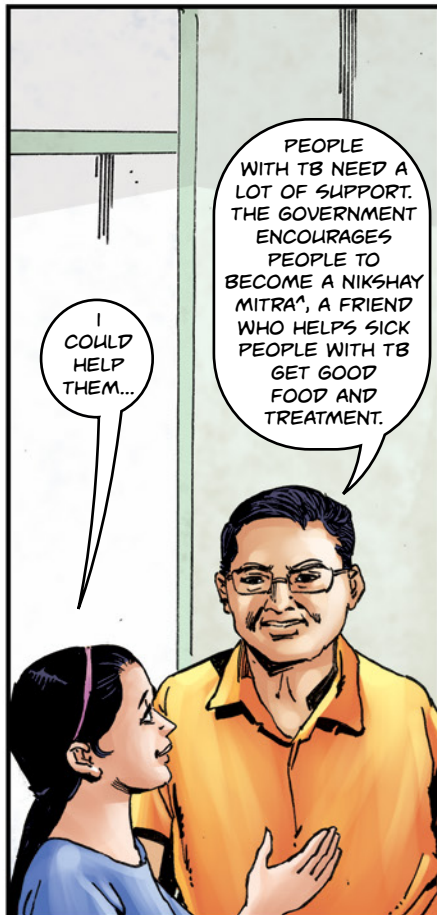
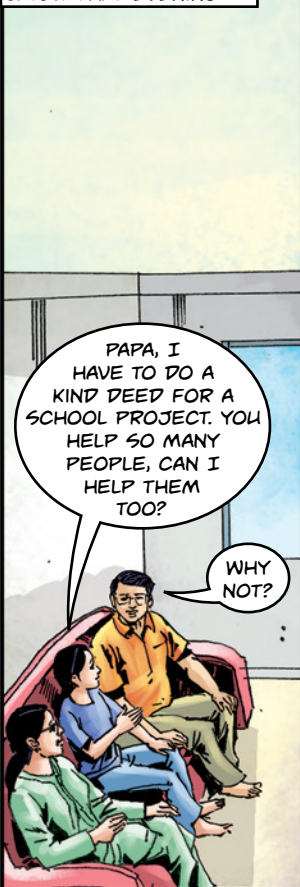
NALINI SINGH



8-YEAR-OLD NALINI SINGH WAS A STUDENT AT HIM ACADEMY PUBLIC SCHOOL IN UNA*. DURING A SCHOOL ASSEMBLY —

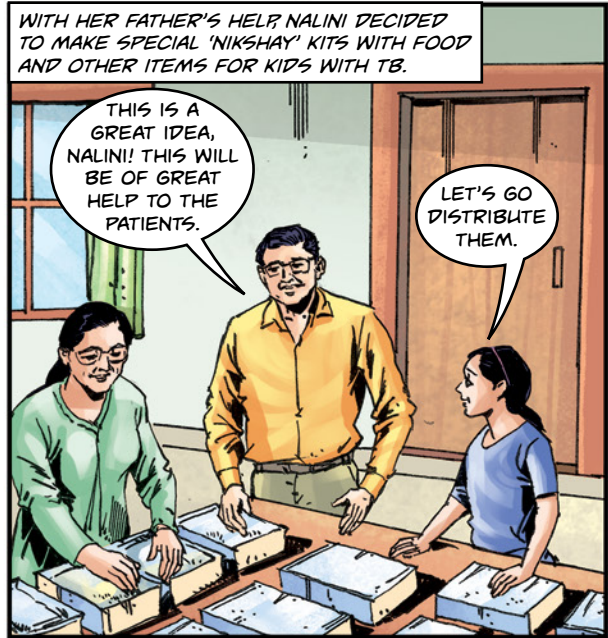
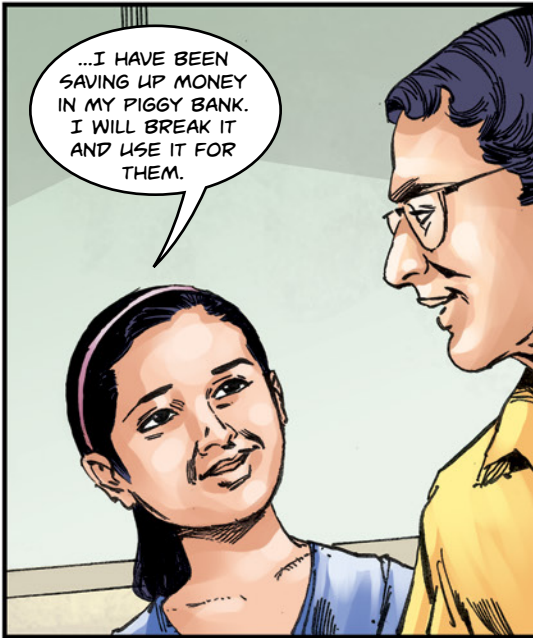


LATER THAT EVENING —

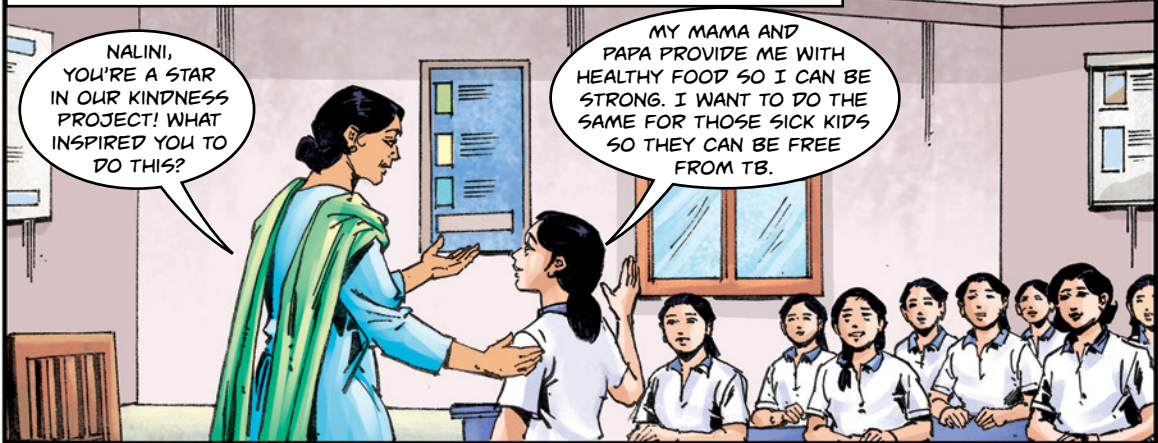


*DISTRICT IN HIMACHAL PRADESH

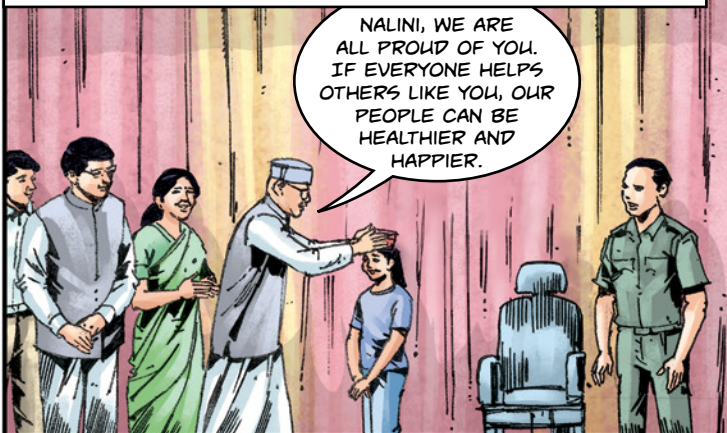
*NI-END, KSHAY-TB, MITRA-FRIEND



THE NEXT WEEK, AFTER NALINI SHARED HER KINDNESS IDEA WITH THE CLASS —

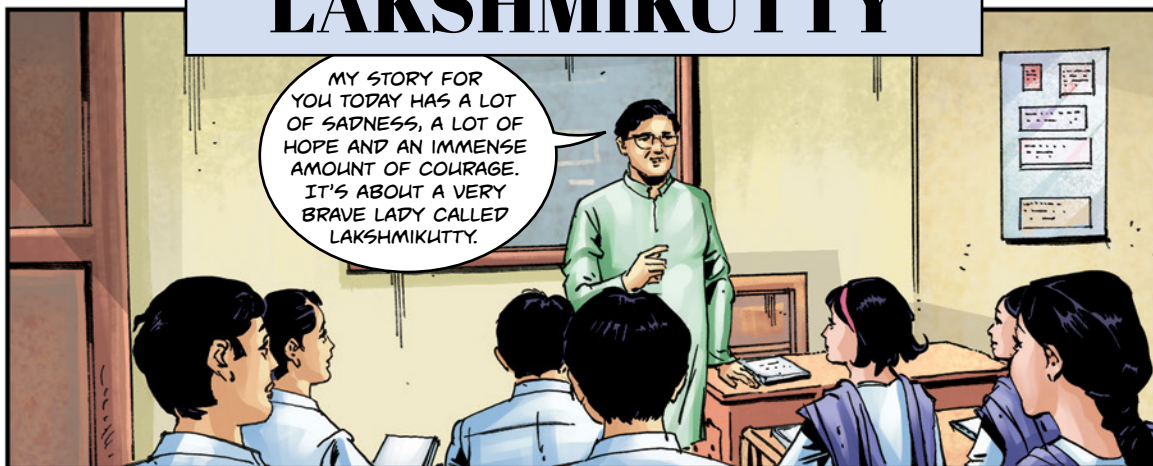


OVER THE NEXT TWO MONTHS, NALINI'S FATHER HELPED HER GIVE RS 10,000 FROM HER PIGGY BANK TO MAKE THE NIKSHAY KITS.



ON HIS RADIO SHOW, MANN KI BAAT, PM MODI PRAISED 8-YEAR-OLD NALINI FOR HER GENEROUS DONATION, SAYING IT WOULD HELP MAKE INDIA TB-FREE.

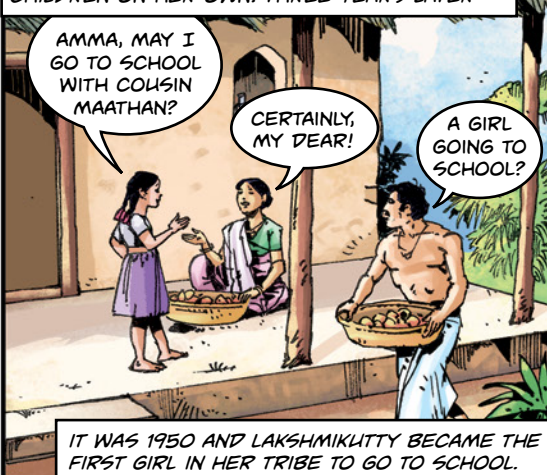
LAKSHMIKUTTY



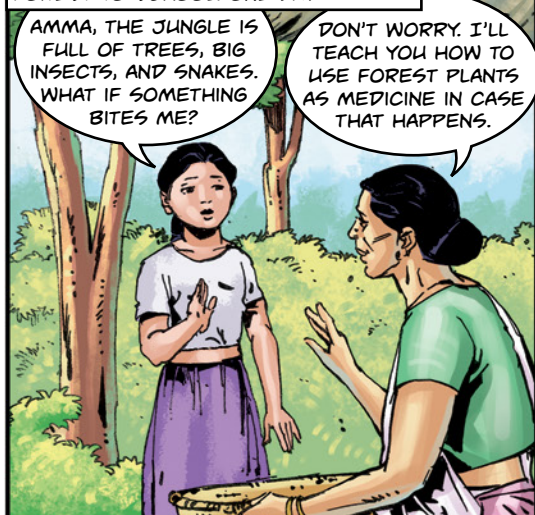
THE KAANI TRIBE LIVES IN THE WESTERN GHATS REGION OF KERALA. IN 1943, IN THE HOUSE OF THE KAANI TRIBE LEADER IN PONMUDI* —



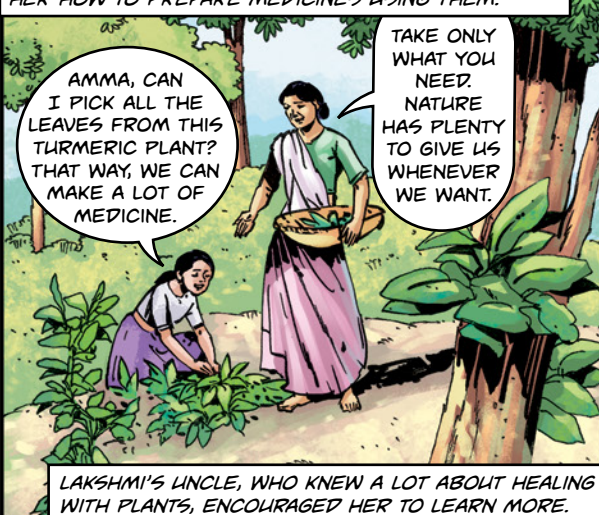
LAKSHMI'S FATHER PASSED AWAY WHEN SHE WAS TWO, AND HER MOTHER RAISED HER FOUR CHILDREN ON HER OWN. THREE YEARS LATER —



LAKSHMI, MAATHAN AND THEIR FRIEND HAD TO WALK THROUGH A DENSE FOREST TO SCHOOL. ONE DAY —



LAKSHMI'S MOTHER, WHO WAS A MIDWIFE[†], TOOK HER ALONG TO GATHER PLANTS AND HERBS AND SHOWED HER HOW TO PREPARE MEDICINES USING THEM.

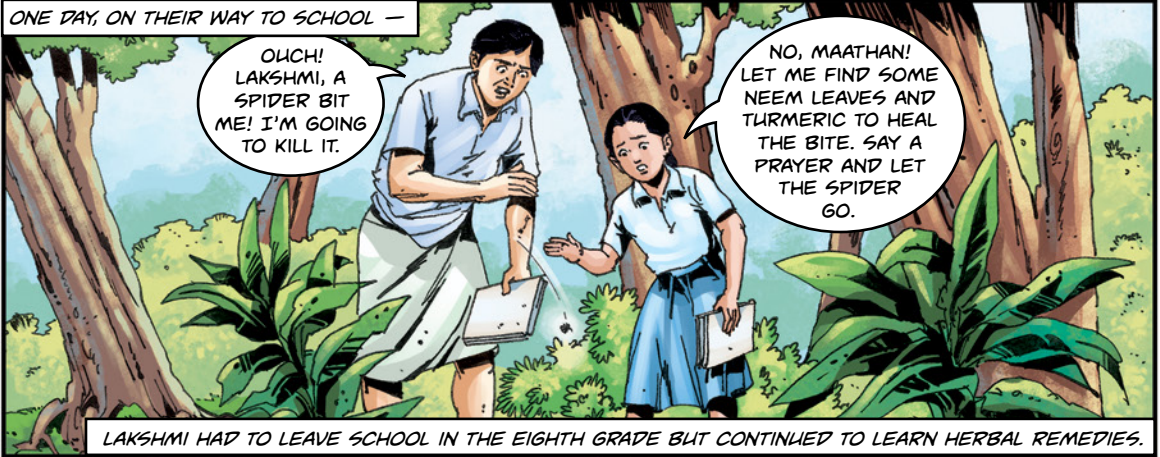


LAKSHMI'S UNCLE, WHO KNEW A LOT ABOUT HEALING WITH PLANTS, ENCOURAGED HER TO LEARN MORE.

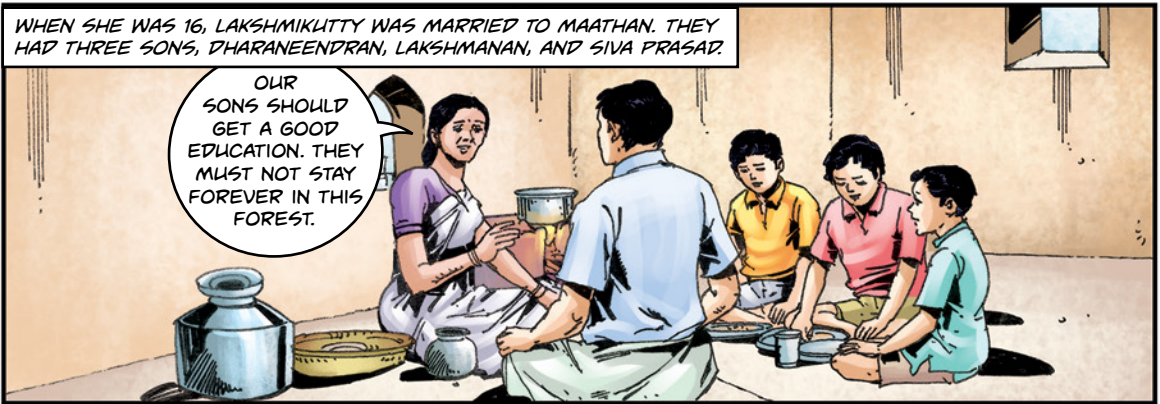
*A VILLAGE MEANING GOLDEN PEAK

[†]ONE WHO IS TRAINED TO ASSIST IN CHILDBIRTH

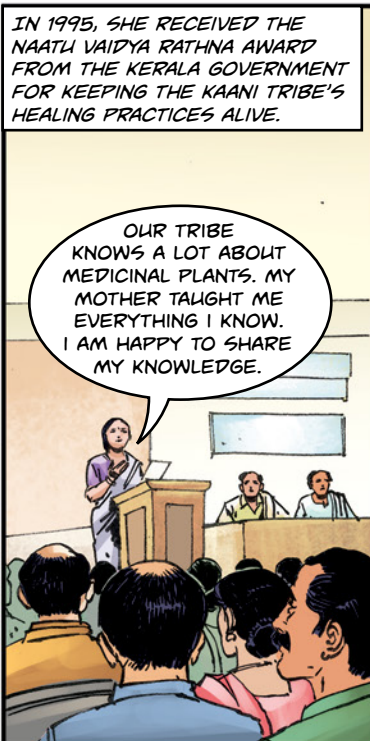
ONE DAY, ON THEIR WAY TO SCHOOL —



WHEN SHE WAS 16, LAKSHMIKUTTY WAS MARRIED TO MAATHAN. THEY HAD THREE SONS, DHARANEENDRAN, LAKSHMANAN, AND SIVA PRASAD.



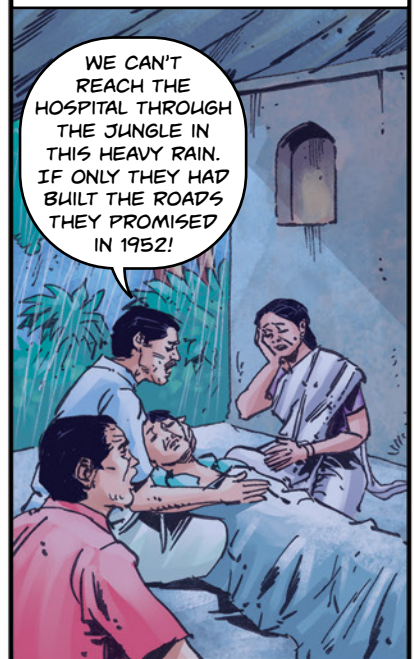
IN 1995, SHE RECEIVED THE NAATH VAIDYA RATHNA AWARD FROM THE KERALA GOVERNMENT FOR KEEPING THE KAANI TRIBE'S HEALING PRACTICES ALIVE.



IN 2005, LAKSHMI'S ELDEST SON, DHARANEENDRAN, WAS TRAMPLED BY AN ELEPHANT NEAR THE FOREST TEMPLE.



SHORTLY AFTER, LAKSHMI LOST HER YOUNGEST SON, SIVA PRASAD, TO A SNAKE BITE. THAT NIGHT —



LAKSHMI LEARNT TO USE MORE THAN 150 PLANTS TO CREATE 500 DIFFERENT MEDICINES AND RECEIVED AWARDS FOR HER MEDICAL WORK. IN 2007 —

MY BOOK, NAATTARIVUKAL KAATTARIVUKAL*, CONTAINS ALL THE INFORMATION ABOUT FOREST PLANTS USED TO TREAT MANY ILLNESSES AND VENOMOUS BITES.

LAKSHMI WROTE HER OWN POETRY AND SHORT STORIES TOO AND TAUGHT IN A FOLKLORE ACADEMY IN KALLAR.

LAKSHMI'S SECOND SON, LAKSHMANAN, WORKED AS A TICKET EXAMINER IN THE INDIAN RAILWAYS. WHEN SHE LOST HER HUSBAND MAATHAN IN 2016 —

AMMA, THIS PLACE ISN'T SAFE FOR YOU. COME WITH ME.

NO, I BELONG HERE. I MUST HELP OTHERS WITH WHAT I KNOW. I WON'T LET ANYONE SUFFER LIKE YOUR BROTHERS DID.

OVER THE YEARS, LAKSHMIKUTTY HAS SAVED OVER 350 PEOPLE BITTEN BY VENOMOUS SNAKES.

LAKSHMIKUTTY RECEIVED THE PADMA SHRI IN 2018. SHE WAS 75.

DESPITE ALL THE ATTENTION AND FAME, LAKSHMI CONTINUES TO LIVE IN HER SIMPLE THATCHED HUT WITH HER GRANDDAUGHTER, POORNIMA.

ACHAMMA*, I NEVER KNEW YOU COULD USE A BOW AND ARROW TO PICK MANGOES FROM TREES!

I AIM THE ARROW JUST RIGHT TO PICK MANGOES WITHOUT HURTING THE TREE.

NO WONDER EVERYONE CALLS YOU VANAMUTHASSI**. YOU'VE BEEN TAKING CARE OF THIS FOREST FOR OVER 70 YEARS. ARE YOU EVER SCARED OF ANYTHING HERE?

NO, WHY BE SCARED? THE FOREST IS MY GUARDIAN.

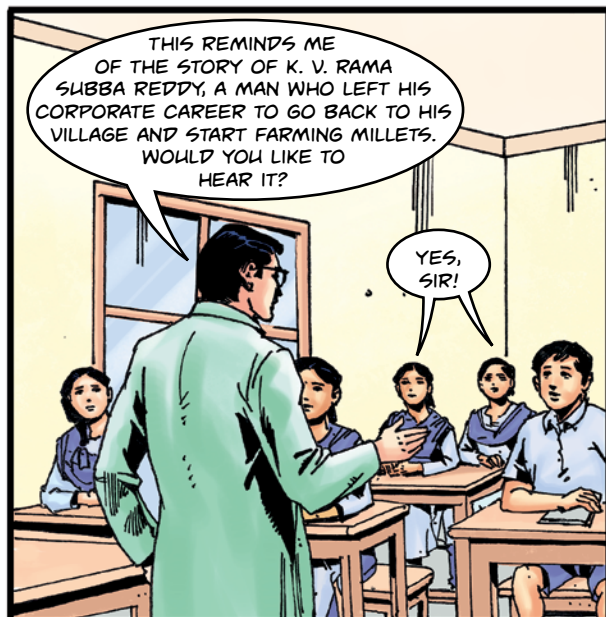
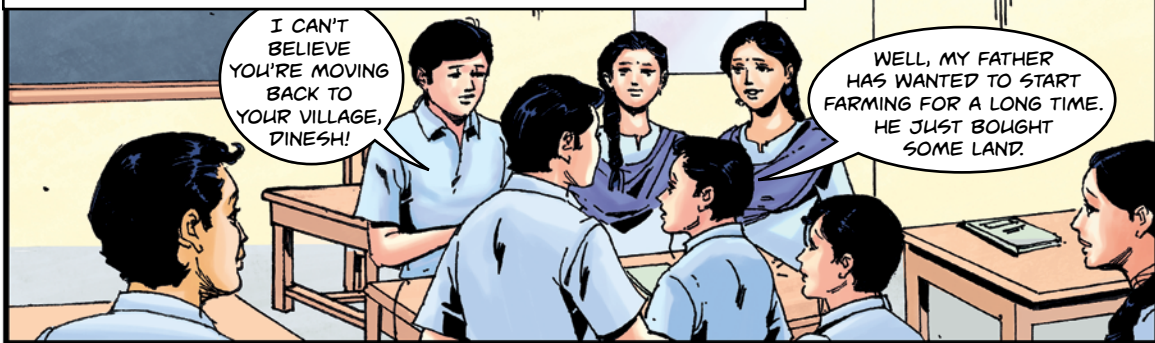
THE SAME YEAR, ON HIS RADIO SHOW, MANN KI BAAT, PM MODI HAILED HER AS THE POISON HEALER.

*TRADITIONAL KNOWLEDGE, FOREST KNOWLEDGE
*PATERNAL GRANDMOTHER IN MALAYALAM

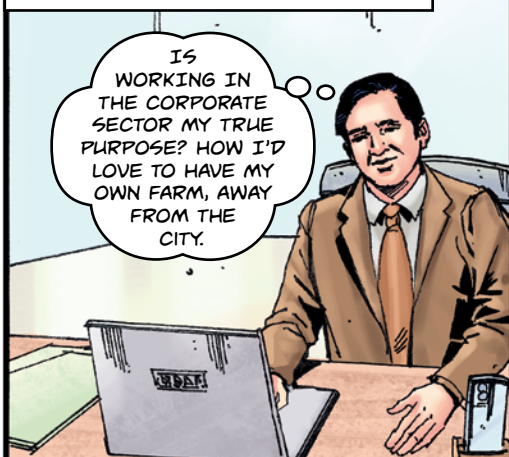
**GRANDMOTHER OF THE JUNGLE

RAMA SUBBA REDDY

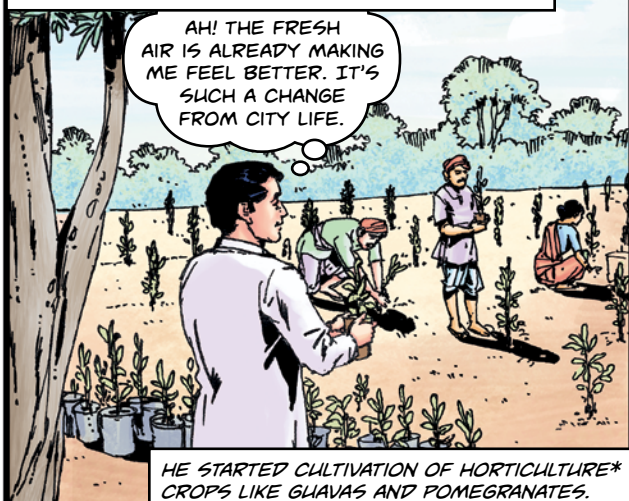
IT WAS RECESS, AND THE STUDENTS WERE DISCUSSING INTERESTING NEWS.



RAMA SUBBA REDDY HAD BEEN WORKING AS THE EXECUTIVE DIRECTOR FOR A DELHI-BASED COMPANY FOR OVER 20 YEARS. IN 2014 —



HE BOUGHT 20 ACRES OF LAND IN ANUPLURU VILLAGE IN NANDYAL DISTRICT OF ANDHRA PRADESH.

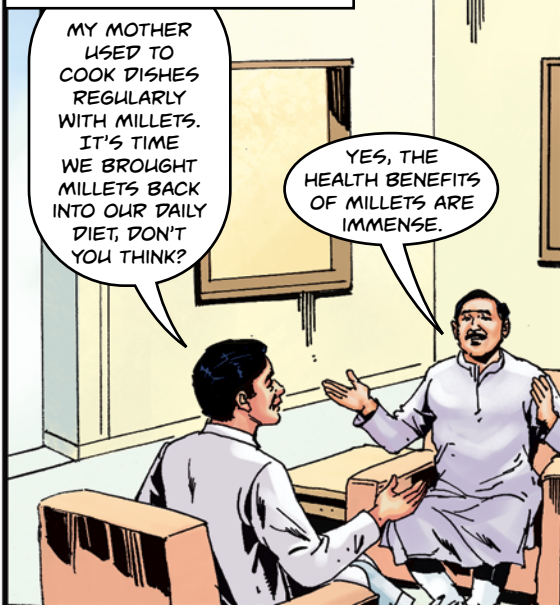


*BRANCH OF AGRICULTURE MAINLY DEALING WITH FRUITS AND VEGETABLES

IN 2017, HE QUIT HIS JOB AND MOVED TO THE FARM FOR GOOD.

MY MOTHER USED TO COOK DISHES REGULARLY WITH MILLETS. IT'S TIME WE BROUGHT MILLETS BACK INTO OUR DAILY DIET, DON'T YOU THINK?

YES, THE HEALTH BENEFITS OF MILLETS ARE IMMENSE.



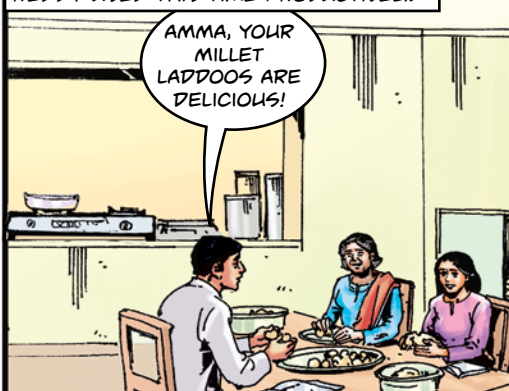
INSPIRED BY DR KHADER VALI*, REDDY SHIFTED FOCUS TO CULTIVATION OF VARIOUS VARIETIES OF MILLETS.

MILLETS ARE MAGIC GRAINS! THEY ARE NOT AFFECTED BY HEAT OR COLD. THEY REQUIRE ALMOST NO FERTILISERS AND PESTICIDES AND NEED LESS WATER.



ALL THIS CAME TO AN ABRUPT HALT DUE TO THE COVID-19 PANDEMIC. HOWEVER REDDY USED THIS TIME PRODUCTIVELY.

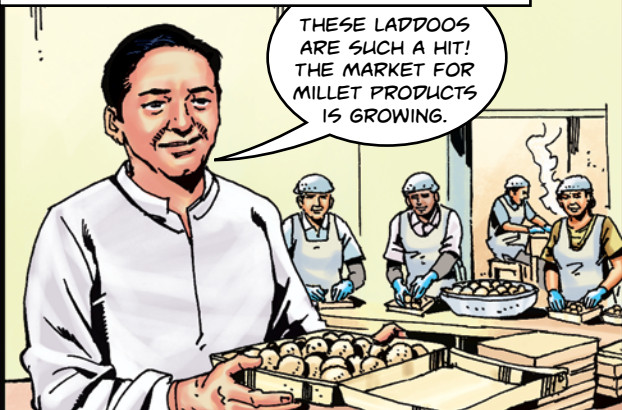
AMMA, YOUR MILLET LADDOOS ARE DELICIOUS!



WITH THE HELP OF HIS MOTHER AND SISTER, REDDY CREATED HEALTHY MILLET SNACKS LIKE LADDOOS, MURUKKU, BISCUITS AND NAMKEEN.

AFTER THE PANDEMIC PASSED, REDDY'S SUCCESS GREW. HE ALSO STARTED HIS COMPANY, 'MIBBLES', SELLING HEALTHY MILLET SNACKS.

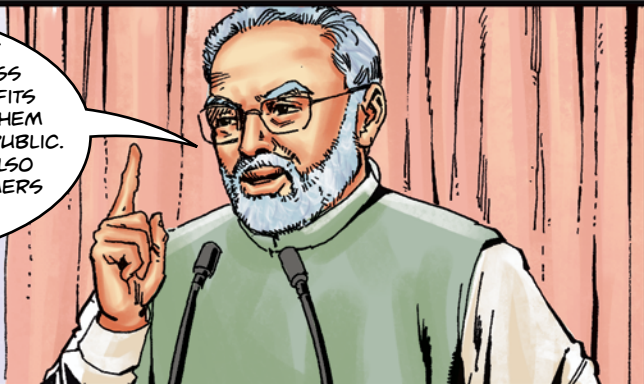
THESE LADDOOS ARE SUCH A HIT! THE MARKET FOR MILLET PRODUCTS IS GROWING.



TODAY, HE HAS COLLECTED A PROFIT OF OVER 1.7 CRORES AND AIMS TO DOUBLE THE FIGURE SOON.

REDDY'S SUCCESS HAS ENCOURAGED MORE AND MORE PEOPLE TO START CULTIVATING MILLETS.

RAMA SUBBA REDDY HAS RAISED AWARENESS ABOUT THE MANY BENEFITS OF MILLETS AND MADE THEM EASILY AVAILABLE TO THE PUBLIC. IN DOING SO, HE HAS ALSO SUPPORTED LOCAL FARMERS AND THEIR MILLET CULTIVATION.







MANN KI BAAT

VOL.7

The prosperity of a nation depends on the health of its people. The seventh volume of Mann Ki Baat brings us stories where small initiatives by citizens made a huge difference in the well-being of those around them.

Poonam Nautiyal, a nurse from Uttarakhand, secured a 100% vaccination rate for her region by travelling to those who could not reach vaccination centres during COVID-19.

Lakshmikutty, of the Kaani tribe of Kerala, has saved over 350 people's lives by curing snakebites using her knowledge of traditional medicine.

Nalini Singh and Dikar Singh Mewari became 'Nikshay Mitra' to help patients suffering from tuberculosis.

The eleven stories from around the country tell us how one responsible step can lead to great change in all our lives.

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