

February 2025



Tackling Obesity

**Get Fit
and
Get Well**

MANN KI BAAT

Prime Minister Narendra Modi's Address to the Nation



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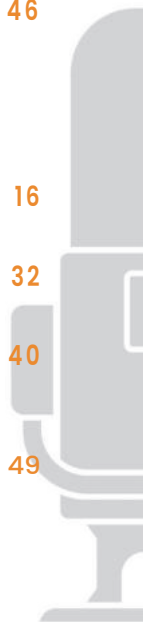
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Prime Minister's Address



My dear countrymen, Namaskar

Welcome to 'Mann ki Baat'. These days the Champions Trophy is going on, and there is an atmosphere of cricket everywhere. All of us know very well what the thrill of a century in cricket is... But today I am not going to talk to you about cricket, albeit about the wonderful century that India has made in

Space. Last month, the country witnessed the launch of ISRO's 100th rocket. This is not just a number; it also reflects our resolve to touch new heights in Space Science every day. Our space journey had commenced in a rather modest way. There were challenges at every step, but our scientists kept moving

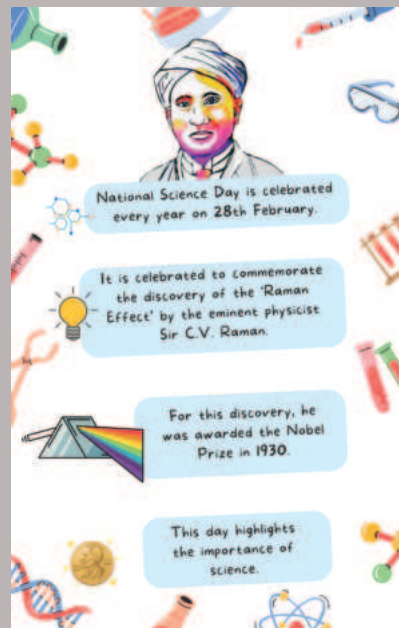




forward, conquering them. With time, the list of our successes in this space odyssey kept rising. Be it the manufacture of launch vehicles, the successes of Chandrayaan, Mangalyaan, Aditya L-1 or the unprecedented mission of sending 104 satellites into space at one go with a single rocket—the ambit of ISRO's successes has been quite expansive. **Over the last 10 years alone, around 460 satellites have been launched, and this includes many satellites from other countries as well.** Another important fact in recent years is that the participation of woman power is constantly on the rise among our team of Space Scientists. I am also very happy

to see that today the Space Sector has become a favourite for our youth.

Who would have thought a



few years ago that the number of start-ups and private sector Space companies in this field would be in hundreds. For our youth who want to do something thrilling and exciting in life, the Space Sector is turning out to be an excellent option.

Friends, in a few days to come, we are going to celebrate ‘National Science Day’. The interest and passion of our children and youth in science matter a lot. I have an idea for this, which you can call ‘One Day as a Scientist’. That is, you should try to spend one day as a scientist. You can choose any day as per your convenience and choice. On that day, you must visit a research lab, planetarium or a Space Centre. This will enhance your curiosity about Science. **Like Space and Science, there is another field in which India**

is rapidly carving out a robust identity—this field is AI, i.e., Artificial Intelligence. Recently, I went to Paris to participate in a big AI conference. There, the world praised India’s progress in this sector. We are also getting to see examples of how people of our country are using AI today. For example, there is Thodasam Kailash ji, a teacher in a government school in Adilabad, Telangana. His interest in digital music is performing a very important task in saving many of our tribal languages. He has done wonders by composing a song in the Kolami language with the help of AI tools. He is using AI to compose songs in many languages other than Kolami. His tracks are being liked a lot by our tribal brothers and sisters on social media. Be it the Space Sector or AI, the ever-increasing



AI and India

Paving the Way for a Sustainable and Future-Ready World



participation of our youth is begetting a new revolution. The people of India are second to none in adopting and trying new technologies.

My dear countrymen, next month, the 8th of March is 'International Women's Day'. This is a special occasion to salute our Nari Shakti. The Devi Mahatmya says—

वदियाः समस्ताः तव देवी भेदाः

सत्रीयः समस्ताः सकला जगत्सु।

That is, all the Vidyas are the expressions of the various forms of the Goddess, and all the woman power of the world is also her reflection. In our culture, respect for daughters has been paramount. **The MatriShakti of the country has also played a big role in our freedom struggle and the creation of the Constitution.** I am sharing with all of you what Hansa Mehta ji

had said while presenting our National Flag in the Constituent Assembly, in her own voice.

It is in the fitness of things that this first flag that will fly over this august house should be a gift from the women of India. We have donned the saffron colour; we have fought, suffered, and sacrificed in the cause of our country's freedom. We have today attained our goal. In presenting this symbol of our freedom, we once more offer our services to the nation. We pledge ourselves to work for a great India, for building up a nation that will be a nation among nations. We pledge ourselves towards working for a greater cause to sustain the freedom we have attained.

Friends, Hansa Mehta ji had brought to the fore the contribution of women from all over the country, right from the

making of our National Flag to sacrificing their lives for its sake. She was of the belief that the saffron colour in our tricolour also reflects this sentiment. She had expressed confidence that our woman power would make its valuable contribution in making India strong and prosperous; today her words are proving to be true. If you observe any field, you will find how extensive the contribution of women is.

Friends, this time on Women's Day I am going to embark upon an initiative for a day, which will be dedicated to our Nari Shakti. On this special occasion, I am going to hand over my social media accounts, like X and Instagram, to some inspiring ladies of the country. Women who have achieved success in myriad fields and who



have innovated and created a unique identity for themselves in various fields. On the 8th of March, they will share their work and experiences with the countrymen. The platform might be mine, but it will be about their experiences, their challenges



and their achievements. If you want to avail yourself of this opportunity, become a part of this experiment through the special forum created on NaMo App and share your message with the whole world through my X and Instagram accounts. So come... this time on Women's Day, let us all celebrate, honour and salute the indomitable power of women.

My dear countrymen, many of you would have enjoyed the thrill of the National Games in Uttarakhand. There, more than 11,000 athletes from all over the country performed brilliantly. This event presented a new Swaroop (facet) of Devbhoomi. Uttarakhand is now emerging as a strong sporting force in the country. **The players of Uttarakhand**

too performed wonderfully. This time Uttarakhand finished 7th—this is the power of sports, which transforms individuals and communities as well as the entire State. It inspires future generations and also promotes a culture of excellence.

Friends, today some memorable performances in these games are being discussed all over the country. My heartiest congratulations to the Services team, which won the maximum number of gold medals in these games. I also appreciate every player who participated in the National Games. Many of our players are the contribution of the Khelo India campaign. Be it Sawan Barwal of Himachal Pradesh, Kiran Matre & Tejas Shirse of Maharashtra, or Jyothi Yarraji of Andhra Pradesh, all of them have given new hope





to the country. Javelin thrower Sachin Yadav of Uttar Pradesh, high jumper Pooja of Haryana and swimmer Dhinidhi Desindhu of Karnataka won the hearts of the countrymen. They surprised everyone by setting three new national records. The number of teenage champions in this year's National Games is astonishing. 15-year-old shooter Gavin Antony, 16-year-old hammer thrower Anushka Yadav from UP, and 19-year-old pole vaulter Dev Kumar Meena from Madhya Pradesh have proved that India's sporting future lies in the hands of a very talented generation. The National Games held in Uttarakhand also showed that those who never accept defeat definitely win. No one becomes a champion amid comfort. **I am happy that with the determination and discipline of our young athletes, India is**

rapidly progressing towards becoming a global sporting powerhouse.

My dear countrymen, during the opening of the National Games in Dehradun, I raised a very important topic, which has started a new discussion in the country—this topic is 'obesity'. To become a fit and healthy nation, we will certainly have to deal with the problem of obesity. **According to a study, one in every eight people today is troubled by the problem of obesity.** Cases of obesity have doubled in the past years, but what is even more worrying is that the problem of obesity has increased fourfold even among children. WHO data shows that in 2022, about 250 crore people around the world were overweight; that is, they had more weight than required.





These statistics are very serious and force all of us to think about why this is happening. Excess weight or obesity gives rise to many kinds of problems and diseases. **We can together deal with this challenge with minor efforts. For example, one method I suggested was 'reducing the consumption of edible oil by ten percent (10%)'.** Decide that you will use 10% less oil every month. You can decide that while buying oil for cooking, you will buy 10% less oil. This will be an important step towards reducing obesity. **Today, in 'Mann ki Baat,' I also want to share some special messages on this topic with you. Let us**

begin with Olympic medallist Neeraj Chopra, who has successfully overcome obesity:



Namaskar everyone. I, Neeraj Chopra, want to tell you all today that our honourable Prime Minister Shri Narendra Modi ji has discussed obesity in 'Mann ki Baat' this time, which is a very important issue for our country. And I somehow relate to this thing with myself too, because when I started going to the ground, I was also quite overweight at that time, and when I started training and started eating well, my health improved a lot, and after that, when I became a professional athlete, I got a lot of help in that too. And I would also like to tell that parents should also play some outdoor sport or the other and take their children along and create a good healthy lifestyle, eat well and give your body an hour or however much time you can in a day for exercise. And I would like to add one more thing: recently our Prime Minister said that the oil used in food should be reduced by up to 10%

because many times we eat a lot of fried food items, which have a huge impact on obesity. So I would like to tell everyone to avoid these things and take care of their health. This is just what I request of you, and together we will uplift our country. Thank you.

Neeraj ji, I am very grateful to you. **Renowned athlete Nikhat Zareen ji has also expressed her views on this topic:**



Hi, my name is Nikhat Zareen, and I am a two-time world boxing champion. As our Prime Minister Narendra Modi ji has mentioned about obesity in 'Mann ki Baat' and I think it's a national concern, we should be serious about our health because obesity is spreading so fast in our India; we should stop it, and we should try to follow a healthy lifestyle as much as possible. Being an athlete myself, I try to follow a healthy diet because if by mistake I take an unhealthy diet or eat oily things, it impacts my performance, and I get tired quickly in the ring, and I try to use as few things as possible, like edible oil, and instead follow

a healthy diet and do daily physical activity, due to which I always remain fit. And I think common people like us, who go to work daily, should be serious about health and do some daily physical activity, due to which we stay away from diseases like heart attack and cancer and keep ourselves fit, 'because if we are fit, then India is fit'.

Nikhat ji has really made some good points. **Let us now listen to what Dr. Devi Shetty ji has to say. As all of you know, he is a very distinguished doctor who is continuously working on this subject:**



I would like to thank our Honourable Prime Minister for creating an awareness about obesity in his most popular 'Mann ki Baat' programme. Obesity today is not a cosmetic problem; it is a very serious medical problem. The majority of the youngsters in India today are obese. The main cause of obesity today is poor quality of food intake, especially excess intake of carbohydrates, such as rice, chapatti, and, sugar and, of

course, large consumption of oil. Obesity leads to major medical problems like heart disease, high blood pressure, fatty liver and many other complications. So my advice to all the youngsters... start exercising, control your diet, be very, very active, and watch your weight. Once again, I would like to wish all of you a very, very happy, healthy future. Good luck and God bless.

Friends, using less oil in food and dealing with obesity is not just a personal choice but also our responsibility towards the family. Excessive use of oil in food can cause many diseases like heart disease, diabetes and hypertension. By making small changes in our food

habits, we can make our future stronger, fitter and disease-free. Therefore, without delay, we must increase our efforts in this direction and implement it in our lives. **We can all do this together in a very playful & effective way.** For example, today after this episode of 'Mann ki Baat,' I will request and challenge 10 people if they can reduce oil in their food by 10%. And I will also urge them to pass on the same challenge to 10 new people. I am sure that this will help a lot in fighting obesity.

Friends, do you know what is the similarity between the Asiatic Lion, Hangul, Pygmy Hog, and Lion-tailed Macaque? The answer is that all of these





are not found anywhere else in the world... they are found only in our country. **Indeed, we have a very vibrant ecosystem of flora and fauna. And these wild animals are deeply embedded in our history and culture.** Many animals are also observed as the vehicles of our Gods and Goddesses. Many tribes in central India worship Bagheshwar. There is a tradition of worshipping Waghoba in Maharashtra. Lord Ayyappa also has a very deep connection with the tiger. Bonbibi, whose Vaahan is the tiger, is worshipped in Sundarbans. We have many cultural dances like Huli Vasha of Karnataka, Pooli of Tamil Nadu, and Pulikali of Kerala, which are associated with nature and wildlife. I would also like to thank my tribal brothers and sisters because

they actively participate in work related to wildlife protection. The population of tigers has risen continuously in Karnataka's BRT Tiger Reserve. A lot of credit for this goes to the Soliga tribe, who worship the tiger. Owing to them, there is almost no man-animal conflict in this area. In Gujarat as well, people have contributed significantly to the protection and conservation of Asiatic Lions in Gir. They have shown the world what co-existence with nature means.

Friends, on account of these efforts, the population of tigers, leopards, Asiatic Lions, Rhinos and Barasingha has increased rapidly in the last few years. **And it is also worth noting how beautiful the diversity of wildlife in India is. Asiatic Lions are found in the western part of the country, while the habitat of**



*Positive Mindset Leads
to Exam Success!*

Tigers is East, Central and South India. Rhinos are found in the Northeast. Every part of India is not only sensitive towards nature but is also committed to wildlife protection. I have been told about Anuradha Rao ji, many generations of whom have been associated with the Andaman and Nicobar Islands. Anuradha ji had dedicated herself to animal welfare at an early age. For three decades, she has made the protection of deer and peacocks her mission. People here call her 'Deer Woman.' We will celebrate World Wildlife Day at the beginning of next month. I urge you to encourage people associated with wildlife protection. It is a matter of great satisfaction for me that many start-ups have also emerged in this field.

Friends, this is the season

of Board Exams. I wish my young friends, i.e., Exam Warriors, the best of luck for their exams. Appear for your papers without any stress and with a completely positive spirit. **Every year in 'Pariksha Pe Charcha,' we discuss various topics related to exams with our Exam Warriors. I am happy that this programme is now taking an institutional form...it is getting institutionalized. Many new experts are also joining it.** This year, we tried to conduct 'Pariksha Pe Charcha' in a new format. Along with the experts, eight different episodes were also included. **We covered topics ranging from Overall Exams to Health Care and Mental Health as well as food and nutrition. Past toppers also shared their thoughts and experiences with everyone.** Many youngsters,

their parents and teachers have written letters to me on this. They have told me that they liked this format very much because every topic was discussed in detail. Our young friends have watched these episodes in large numbers on Instagram too. Many of you also liked the fact that this program was organized in Sunder Nursery, Delhi. Those of our young friends who have not been able to watch these episodes of 'Pariksha Pe Charcha' till now must watch them. All these episodes are available on NaMo App. **Once again, my message to our Exam Warriors is, 'Be happy and stress-free.'**

My dear friends, that's all for me in this episode of 'Mann ki Baat'. Next month we will again conduct 'Mann ki Baat' together with new topics. Keep sending me your letters and your messages. Stay healthy, stay happy. Thank you very much. Namaskar.

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







MANN KI BAAT

Special Mentions by Prime Minister



National Science Day

Encouraging the Next generation of Scientists



Pramod Grover

Director, National Science
Centre, Delhi

National Science Day in India is celebrated on February 28, commemorating the day in 1928 when Indian scientist Sir Chandrasekhara Venkata Raman (November 7, 1888 – November 21, 1970) made his ground-breaking discovery of the scattering of photons, which subsequently became known as the 'Raman Effect.' Over the years, the Raman Effect has found applications across numerous

fields, including chemistry, biology, and medicine. In 1930, after a span of two years, he was awarded the Nobel Prize for his extraordinary discovery, marking the first instance of India receiving a Nobel Prize in the realm of Science. National Science Day was declared on February 28, 1987, by the Government of India after the National Council for Science & Technology Communication (NCSTC) requested it. The day honors India's scientific



achievements, promotes public understanding of science's impact on everyday life, and highlights scientific innovation and technological progress. It also encourages young individuals to pursue careers in science. Each year, students, educators, scientists, and researchers commemorate this day across various educational institutions, including schools, colleges, universities, and research organizations in India.

In the most recent episode of 'Mann ki Baat', Prime Minister Narendra Modi unveiled an inspiring initiative named "One Day as a Scientist" to celebrate National Science Day on February 28, 2025. This program

invites young people to engage with the scientific community by spending a day at research laboratories, planetariums, space centres, or similar venues, thereby providing a practical experience in the realm of science. He highlighted the significance of this involvement, asserting that cultivating an interest in science and technology among the youth is crucial for the progress of the nation. He believes that such experiences will spark curiosity and enthusiasm, resulting in a greater understanding and appreciation of scientific pursuits. Unlike a program with a fixed date, "One Day as a Scientist" allows individuals to engage at



instrumental in infrastructure development and in tackling pressing issues such as energy security and climate change. Science education in India is a comprehensive approach that incorporates practical activities, collaborative efforts, and technological tools. This inclusive curriculum focuses on critical thinking, problem-solving, and innovation, preparing students for the rapidly changing technological landscape and India's future growth. Nurturing curiosity and engagement in the younger generation is essential for a bright future in scientific exploration and innovation. Inquiry-based learning promotes critical thinking and encourages children to pursue answers and fresh perspectives. Developing resilience in emerging scientists

and normalizing failure as an inherent success factor can empower them to face challenges with confidence and resolve.

By celebrating C.V. Raman's scientific pursuits, young budding scientists can learn the importance of unwavering curiosity, persistent dedication, keen observational skills and the value of questioning. In summary, by cultivating curiosity, offering mentorship and research opportunities, promoting collaboration, and establishing inclusive environments, we can inspire and prepare young individuals to become the scientists of the future.



Story of Innovation and Impact

The AI Wave in India

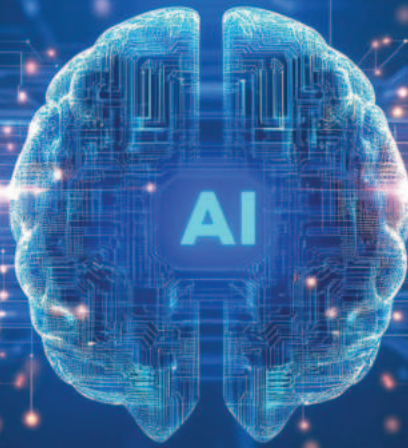
“ Recently, I went to Paris to participate in a big AI conference. There, the world praised India's progress in this sector. We are also getting to see examples of how people of our country are using AI today.”

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

Prime Minister Narendra Modi's recent visit to Paris for a global AI conference put a spotlight on India's remarkable progress in artificial intelligence. At the event, India's AI advancements received global recognition, reinforcing the nation's commitment to becoming a leader in AI-driven innovation. The Prime Minister emphasized how AI is not just a tool of technological advancement but also a means to empower people, preserve culture, and drive inclusive development. One such inspiring story is that of Thodasam Kailash, a government school teacher in Telangana, who is using AI to preserve tribal languages through music. His initiative, along with India's many AI-driven projects, reflects the transformative power of AI in reshaping various sectors.

“My father spoke pure Gondi, but over time, I have noticed that





many words are being forgotten. This made me think—while I can still speak the language, what about future generations? This concern motivated me to take action. Using technology, I created a song in Kolami with AI-generated music. The response from the audience was overwhelming, especially from tribal communities. Encouraged by this, I want to develop more digital resources in Kolami and Gondi, preserving them alongside English and Telugu. If given the right support, I can expand this initiative further to safeguard our linguistic heritage.”



– Thodasam
Kailash- Adilabad,
Telangana

AI-Led Transformation in India



India is witnessing an AI revolution across industries, with government-led initiatives driving innovation, accessibility, and economic growth. AI is being leveraged in governance, healthcare, education, agriculture, and language processing, making it a crucial tool for national progress.

IndiaAI Mission



The IndiaAI Mission, spearheaded by the Ministry of Electronics and IT, aims to boost AI research, startups, and skill development. The initiative focuses on creating AI computing infrastructure, developing talent, and promoting responsible AI use across sectors. The mission is expected to strengthen India's AI ecosystem and position the country as a global AI hub.

India's AI journey is more than just technological progress; it's about empowering people, preserving heritage, and driving socio-economic transformation. From AI-driven language platforms like BHASHINI to AI-led agricultural and healthcare solutions, the country is setting an example for the world. Stories like Thodasam Kailash's efforts to save tribal languages show how AI can be a force for cultural preservation and social change. As India continues to embrace and innovate with AI, the country is well on its way to becoming a global leader in artificial intelligence.

A Strong Advocate of Gender Equality

Hansa Jivraj Mehta

“ Friends, Hansa Mehta ji had brought to the fore the contribution of women from all over the country, right from the making of our National Flag to sacrificing their lives for its sake. She was of the belief that the saffron colour in our tricolour also reflects this sentiment. She had expressed confidence that our woman power would make its valuable contribution in making India strong and prosperous; today her words are proving to be true. ”

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

In September 1919, a 22-year-old Gujarati woman, defying the conventions of her era, embarked on a journey across the seas to Britain to pursue her studies at the London School of Economics—a path very unlikely for women of her times. Her name was Hansa Mehta, a name that would soon echo through history as a fierce nationalist, a trailblazing feminist, and the first woman to break barriers as the Vice Chancellor of a co-educational university in India.

Born in 1897 in Gujarat, Hansa Mehta was raised in a progressive environment that encouraged education and independent thought. She pursued higher education at Baroda College and later studied journalism and sociology in England. Exposure to global ideas on democracy and gender equality influenced her vision for India. On returning, she joined the freedom struggle, inspired by Mahatma Gandhi's call for self-rule. She actively participated in protests, mobilized women, and advocated for social reforms that would uplift Indian society.

Hansa Jivraj Mehta stands as a remarkable figure in India's history, known for her pioneering role in championing women's rights, social reform, and education. A freedom fighter, reformist, and writer, she played a crucial part in shaping the role of women in independent India. As International Women's Day celebrates gender equality and the achievements of women globally, it is fitting to remember and honor her legacy, which continues to inspire generations.

In Indian tradition, women have long been revered as the embodiment of strength, wisdom, and power. As the Devi Mahatmya states: "Vidya: Samastaas-tava Devi Bheda: Streeya: Samasta: Sakala Jagatsu." This means that all forms of knowledge are

manifestations of the Goddess, and all women's power in the world is a reflection of her divine energy. In keeping with this ethos, Hansa Mehta's contributions exemplify the strength and resilience of Indian women in shaping the nation.

Her impact on Indian society was profound, particularly in the realm of policy-making and institutional reform. At a time when women were expected to remain confined within traditional roles, she defied societal norms and emerged as a fierce advocate for gender equality. As a member of the All India Women's Conference (AIWC), she played a key role in advocating for women's education and economic independence. She was instrumental in transforming the AIWC into a formidable





platform for addressing gender inequality, particularly in legal and employment spheres.

Hansa Mehta's work extended to the drafting of the Indian Constitution, where she was one of the few women in the Constituent Assembly. At a time when women's voices were often sidelined in political discourse, she fought relentlessly to ensure that gender equality was embedded in the newly

independent nation's legal framework. She challenged discriminatory laws and pushed for reforms that would secure women's rights in marriage, inheritance, and political representation. Her influence ensured that India adopted a progressive approach toward women's rights.

On the global stage, Mehta's role in shaping the Universal Declaration of Human Rights (UDHR) remains a landmark achievement. As India's representative to the United Nations Commission on Human Rights, she worked alongside Eleanor Roosevelt and made a crucial amendment by changing the phrase "All men are born free and equal" to "All human beings are born free and equal." This seemingly small yet impactful change was revolutionary, challenging centuries of male-dominated narratives and setting a global precedent for





gender-inclusive language in human rights discourse.

Her relentless advocacy inspired a new generation of women leaders who continue to shape India's legal, political, and educational landscapes. The policies she influenced paved the way for the increasing participation of women in politics, governance, and public service. Her influence also extended into academia, as she served as the first woman Vice-Chancellor of a university in India (MS University, Baroda), championing higher education for women at a time when it was largely inaccessible to them.

As we celebrate March 8th as International Women's Day, it allows us to recognize Hansa Mehta's work even more as it remains relevant in the

ongoing struggle for gender parity. Her contributions remind us that achieving equality is a continuous process requiring legal, social, and cultural shifts. Her legacy continues to inspire movements advocating for women's rights, particularly in developing nations where gender disparities still persist.

Hansa Jivraj Mehta's legacy is a symbol of hope and inspiration for generations striving for gender equality. The journey towards true gender equality is ongoing, and her contributions serve as a testament to the power of determination and advocacy. Her story reminds us that the fight for women's rights is not just a past achievement but a continuous movement that must be carried forward by future generations.



Time to Play!



“My dear countrymen, many of you would have enjoyed the thrill of the National Games in Uttarakhand. There, more than 11,000 athletes from all over the country performed brilliantly...Friends, today some memorable performances in these games are being discussed all over the country.”

In the 119th episode of ‘Mann ki Baat’ PM Modi addressed how determination and discipline of our young athletes can take India to new heights on a global stage. He also reiterated the contribution from the Khelo India campaign as the ‘very talented generation’ set new records at the National Games as well. Let’s see what these champions have to say.



The National Games is a very big opportunity for me. The competition is conducted really well. If you do well in the National Games, it gives you a lot of confidence to do well anywhere.

*–Athlete Jyothi Yarrajji,
Andhra Pradesh*



My entire family and friends are really proud of me. I, too, am happy that PM Modi mentioned my name in the ‘Mann ki Baat’ address. I want to bring more such laurels to the country.

*–Javelin thrower Sachin Yadav,
Uttar Pradesh*



India's Defining Presence in Sports World

Fitness is really important not only for athletes but for every single person. We should have at least half-an-hour of movement every day so that our body is fit and active. It is not just about sweating in the gym, but also healthy eating and getting 8-hours of sleep.

Swimmer Dhinidhi Desindhu from Karnataka



We would like to tell the youth of India that you can also become a very good athlete if you work hard and keep at it. Dream big, maintain discipline and never stop working hard. The scope for sports in India is increasing every day, so follow your passion with dedication. Anything is possible with consistent efforts.

Athletes Kiran Matre and Tejas Shirse from Maharashtra



My seniors inspired me to work hard and beat the national records. This has motivated me to play internationally and then go for the Olympics. I hope I get to take India ahead and break more records.

-Athlete Sawan Barwal from Himachal Pradesh



My journey began in 2017. I did yoga and gymnastics for two years and then I started practicing for high jump. I used farm stubble to create height for my high jump practice. Eventually, my coach arranged a second-hand mat for me. This is second consecutive National Games medal for me. Through my coach's guidance, I hope to get many more medals for the country.

-High jumper Pooja Hansraj from Haryana



Teenage Champions of National Games

The National Games held recently in Uttarakhand touched new heights of Indian sporting talent. Many young players in this year's National Games astonished everyone with their performance. The participation of teenage players and their achievements, in particular, shows that India's sports future is in secure and accomplished hands. Prime Minister Narendra Modi also praised the accomplishments of these young stars in his radio program 'Mann ki Baat.'

He, in particular, mentioned three players: 15-year-old shooter Gavin Antony, 16-year-old hammer thrower Anushka Yadav, and 19-year-old pole vault athlete Dev Kumar Meena. These players are way ahead of the players of their age and are also excellent in their performance. Their passion, hard work, and dedication inspire every youth in the country. These champions have shared with us their experiences and the stories of their struggles and dreams.



The future of athletics in India is very bright. Pole Vault is a very technical game. For this, I had to undergo a different kind of training. I have played four internationals. I still have to perform better. Hearing my name mentioned by the Prime Minister in 'Mann ki Baat' was like a dream for me. My goal is to do well in the Asian Games and the Olympics. To achieve this, I will have to perform better.

*-Dev Kumar Meena, Pole Vault athlete,
Madhya Pradesh*



I suggest that girls focus on one goal they want to achieve. If the family supports them, they can accomplish anything. When PM Narendra Modi Ji mentioned my name, I felt terrific for myself, my father, and the other two people, Chirag Yadav and Gagan Yadav, who plan my workout diet.

*-Anushka Yadav, Hammer Thrower, Uttar
Pradesh*

Rising Stars of Indian Sports

Shooting appealed to me because it is a game of skill, discipline, patience, and concentration. To keep myself calm, I follow a routine like meditation, exercise, deep breathing, etc. All these help me to concentrate during the match. Mentioning my name by the honorable Prime Minister in 'Mann ki Baat' is a lifetime honor. This recognition has motivated me even more to work harder and uphold the ethics of discipline and patience.

*-Gavin Antony, Shooter,
Karnataka*



38th National Games – A Watershed Event in the History of Uttarakhand



Pushkar Singh Dhama

Chief Minister, Uttarakhand

Uttarakhand is celebrating the silver jubilee of its formation this year. Organizing the 38th National Games at its beginning has proved to be a significant turning point for us. Conducting the National Games with the vision of making the devbhumi a sports land has proved to be a milestone. I am thrilled that not only did we organize a grand event, but the performance

of our players has also been outstanding and extraordinary, marking a new chapter in the sports history of Uttarakhand. Nearly ten thousand players from all over the country converged on the land of Devbhoomi. It allowed us to witness a colourful kaleidoscope of India in Uttarakhand, which was a matter of great fortune for us.

From arrangements to conducting sports competitions, the 38th National Games has proved to be a landmark event. The National Games, this time, would also be long remembered for the environment-friendly steps, facilities, and health care of the players. Uttarakhand had never performed so brilliantly at the National Games before this. Since the formation of the state, whenever Uttarakhand participated in the National Games, it won only ten to 19 medals. Similarly, in the medal table, it was ranked 13th to 26th. The same has been the case with gold medals, whose number has ranged from one to a maximum of five. But in the 38th National Games if we look at the number of medals won,



including gold, and the ranking of the state in the medals tally, an unprecedented performance of our players was seen in every event. The medal count has reached 103. Uttarakhand surprised everyone by winning more than a hundred medals. Similarly, it has won 24 gold medals. Uttarakhand finishing seventh in the medals tally, leaving behind other big states is a matter of great joy for the whole state.

A relatively small state like Uttarakhand got very little time to prepare for organising the National Games. Conducting the event successfully in barely three and a half months was no less than an achievement,

as it has been only 25 years since Uttarakhand became a state. But under the guidance of Prime Minister Shri Narendra Modi and with the support of the Central Government, Uttarakhand accepted this enormous challenge and successfully organized a grand and magnificent event. We developed a strong sports infrastructure for the 38th National Games. We procured state-of-the-art equipment. Many records were also broken because of such advancements. Necessary facilities were arranged for the players who had come from all over the country.

I believe that the green





initiative has been the most crucial aspect of the national games. Various steps were taken to implement the Green Games project. A green forest was developed on 2.77 hectares of land in Raipur, Dehradun, where 1600 saplings have been planted in the name of medal-winning players. Whether it was medals for the players or invitation cards for the guests, all were made using e-waste. The state bird Monal was made

the mascot. The symbols made from sports waste material were displayed at various venues to create green awareness. E-rickshaws and cycles were used to commute from one place to another at the venues. Apart from this, arrangements were made to use solar panels and reusable water bottles. To promote the message of women's health, sanitary napkins and other necessary items were provided to the





women players in the welcome kit. Two hundred fifty liters of oil that had been used three times was sent to make biodiesel.

Uttarakhand, while hosting the games, organized all the sports events within the state. No situation arose to go to other places outside Uttarakhand for any competition. We organized competitions at various locations within the state. The beauty of this event was that, on the one hand, competitions were organized in developed cities like Dehradun, Haridwar, Haldwani, and Rudrapur, the spirit of National Games also resonated in

the rustic hilly areas like Tehri, Khatima, and Pithoragarh. Our traditional sports, like Yoga and Mallakhamb, were included in the list of medal events this time, which proved to be a pleasant experience.

In conclusion, the 38th National Games have been full of accomplishments for Devbhumi Uttarakhand. This event has opened up many avenues of sports development for us. It has also boosted the confidence of our players to new heights, which gave us the hope that in the future, they will also bring laurels to Uttarakhand and the whole country.



Fighting Obesity Together

The Power of Small Changes

“ To become a fit and healthy nation, we will certainly have to deal with the problem of obesity.”

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

Obesity has become one of the most pressing health issues in today's time. Rapid urbanisation, changing diets, and sedentary lifestyles have contributed to a rise in obesity rates. As PM Modi addressed in his 'Mann ki Baat' episode, "Cases of obesity have doubled in the past years, but, what is even more worrying is that the problem of obesity has increased fourfold even among children. WHO data shows that in 2022, about 250 crore people around the world were overweight, that is, they had more weight than required. These statistics are very serious and force all of us to think why this is happening. Excess weight or obesity gives rise to many kinds of problems and diseases."

Health Risks Associated with Obesity

Obesity can significantly impact an individual's quality of life and lead to various chronic conditions, making it one of the leading causes of preventable diseases. Some of the major health risks associated with obesity include:

"Sit less and move more. Make exercise an integral part of your life and aim for 30 mins of exercise daily."

-Rujuta Diwekar
Nutritionist



Heart Disease: Obesity is a leading risk factor for heart disease. Excess fat, especially around the abdomen, can increase the likelihood of developing high blood pressure, high cholesterol, and heart disease. Studies suggest that people with obesity are twice as likely to develop cardiovascular problems than those with a healthy weight.

Type 2 Diabetes: Obesity increases the body's resistance to insulin, leading to elevated

blood sugar levels. In India, approximately 77 million people suffer from diabetes, and the majority of them are affected by type 2 diabetes, which is often linked to obesity.

Joint Problems: The excess weight puts extra pressure on joints, especially the knees, which can lead to conditions like osteoarthritis. This not only causes pain and discomfort but can reduce mobility and overall quality of life.

Sleep Apnea: Obesity



particularly abdominal obesity, is a major risk factor for sleep apnea, a condition that leads to interrupted breathing during sleep. This can result in fatigue, reduced productivity, and increased risk of other health problems.

Building a Fit and Healthy Lifestyle:

The good news is that obesity is largely preventable and manageable. As PM Modi said in his 'Mann ki Baat' episode, "We can together deal with this challenge with minor efforts. For example, one method suggested was 'reducing the consumption of edible oil by ten percent (10%)'. Decide that you will use 10% less oil every month... This will be an important step towards reducing obesity."

In addition to what PM Modi said, here are some other steps to consider:

Balanced Diet:

Nutrition plays a critical role in preventing and managing obesity. Incorporate whole grains, fresh fruits, vegetables, and lean proteins into

your diet. In India, traditional foods like dal, sabzi, roti, and rice can form the basis of a balanced meal when consumed in moderation. Limit processed foods, sugary beverages, and fried foods, as they contribute to weight gain and health issues.

Regular Physical Activity:

The importance of regular exercise cannot be overstated. A combination of aerobic activities (like walking, jogging, or cycling) and strength training exercises can help in weight management. Aim for at least 150 minutes of moderate-intensity aerobic activity per week, as recommended by

the World Health Organisation (WHO). Activities like yoga offer numerous health benefits.

Hydration:

Drinking enough water is essential for weight management. Water not only aids digestion but also helps control hunger and boosts metabolism. It is advised to drink at least 8-10 glasses of water daily.

Sleep and Stress Management: Lack of



sleep and high-stress levels can lead to overeating and poor food choices. Establish a healthy sleep routine by aiming for 7-8 hours of sleep each night and practicing stress management techniques like meditation, deep breathing, and mindfulness.

Regular Health Check-ups: Routine health check-ups can help detect early signs of obesity-related health conditions such as diabetes, hypertension, and heart disease. Keeping track of key health metrics, like blood pressure, blood sugar, and cholesterol levels, is essential in managing long-term health.

All in all, obesity is a growing health concern with serious implications for public health. However, through conscious dietary changes, regular physical activity, and maintaining a balanced lifestyle, individuals can effectively manage and prevent obesity. It is crucial to raise awareness about its risks and encourage healthier habits for a brighter, disease-free future. By taking small, consistent steps, we can work towards a healthier nation.



Obesity - More than your weight



Rujuta Diwekar
Nutritionist

Our scriptures teach us that 'Anna' is the route to 'Ananda', the true nature of human beings. If this is the timeless teaching of any native culture, the seventeen sustainable development goals (SDGs) of the United Nations are in tune with it. Two out of the top three goals are related to food, health and well-being for all.

And this focus on health and well-being is there because, globally, adult obesity rates have more than doubled since the 1990s, while child obesity rates have increased four times. And the rise in child obesity has been the highest in developing countries like India.

In 1993, Barry Popkins, a Professor of Nutrition, proposed a framework to account for the growing rate of obesity and related metabolic health conditions in the developing countries. This is called the Nutrition transition model and it says that there has been a gradual shift in the dietary pattern from eating local, traditional foods to a more 'western-pattern' diet, high in packaged and processed foods. You can see this transition today even in real time as instead of distributing laddoos because we cleared our exam, we give chocolates. We celebrate birthdays at fast food joints instead of indulging in regional delicacies.

As our population gets more global and urban, not only do

we eat differently from what we have done traditionally, we also move less, and our physical activity drops. And, according to research, this puts us at a high risk of developing obesity and other NCDs, that's noncommunicable diseases, like diabetes, heart disease, mental health issues, etc.

But how exactly is obesity defined? Mostly, it has been too focused on body weight alone. But in January 2025, the Lancet commission proposed a new definition of obesity. It said that body weight (or BMI) is an incomplete and an inaccurate measure of obesity and we must include more data points like waist size or waist to hip ratio, etc., to get a more complete picture.

Four small but effective steps an individual can take to combat obesity -

1. Eat more at home and less from packets. A simple rule of thumb is that 80% of what you eat should be ghar ka khaana (home cooked food).

2. Stay hydrated with natural

sources like coconut water, kokum sherbet, etc., and reduce the consumption of fizzy drinks, packaged juices, energy drinks, etc.

3. Sit less and move more. Make exercise an integral part of your life and aim for 30 mins of exercise daily.

4. Reduce gadget use, especially before sleeping. And fix a bedtime and wake-up time to improve sleep quality.

P.S. Social determinants of health, SDOH, as they are known, are the non-medical factors that affect your health. These are conditions in which people are born, live, learn, work, play and age. Some of the SDOH are the locality that you live in, your income and education levels, the transportation options available, the level of pollution, etc. SDOH are the reason why conversations should not be reduced to calories, will power, determination to exercise, etc. Because that's really not the complete picture.



Journey to Fitness



Prime Minister Narendra Modi has voiced concern over the growing obesity problem in his popular radio program 'Mann ki Baat' and emphasized creating awareness to prevent it. He said that to become a fit and healthy nation, we will have to deal with the problem of obesity.

Obesity has been a big challenge for many athletes as well as common people. But with determination and a disciplined lifestyle, they have overcome it and touched new heights of success. Olympic medalist Neeraj Chopra, world boxing champion Nikhat Zareen, and well-known specialist Dr. Devi Shetty have shared their experiences and views on this subject.



“

When I started going to the ground, I was also quite obese at that time. When I began training and eating well, my health improved considerably. Parents should also play some outdoor sports and take their children along. Adopt a healthy lifestyle, eat well, and give your body an hour or as much time as possible in a day for exercise.

-Neeraj Chopra, Olympic medalist

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As an athlete, I eat healthily, consume as little edible oil as possible, and exercise daily to remain fit. Ordinary people like us who go to work daily should be serious about their health and do some daily physical activity.

-Nikhat Zareen, World Boxing Champion

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“

Obesity is not just a cosmetic problem. It is the root cause of many serious diseases. Obesity is increasing rapidly among today's youth. The main reason for this is poor eating habits and excess consumption of carbohydrates and oil. Obesity causes heart disease, high blood pressure, fatty liver, and many other health issues. So I request all the youngsters to control their diet, exercise daily, and adopt an active lifestyle. This is the key to a healthy future.

-Dr. Devi Shetty, an eminent expert

”



Wild Wonders

India's Wildlife Treasures

Possessing a tremendous diversity of climate and physical conditions, India has a great variety of fauna, numbering 92,037 species, of which insects alone include 61,375 species. Its landscapes range from tropical rainforests in the Western Ghats and Northeast India to the alpine forests of the Himalayas and the arid deserts of Rajasthan.

Roaring Jewel of India- Bengal Tiger

The Royal Bengal Tiger, with its fiery coat and piercing gaze, reigns as India's national animal. A symbol of strength and grace, this majestic predator prowls the dense forests and mangroves of India, from the Sundarbans to Ranthambore.



Regal Guardian of the West- Asiatic Lion

The Asiatic lion, a proud and rare cousin of its African counterpart, finds its last refuge in the Gir Forest of Gujarat. With a majestic mane and a commanding presence, this king of the jungle once roamed across Asia but now thrives in this small sanctuary.



Spotted Phantom of the Night-Leopard

The elusive leopard is nature's perfect blend of power and stealth. With its golden coat adorned with rosettes, it silently stalks its prey across India's forests, from the Western Ghats to the Himalayas.



Armored Titan of the Grasslands- Indian Rhinoceros

The Indian rhinoceros is a living relic of prehistoric times. With its single horn and thick, folded skin, it dominates the floodplains of Kaziranga and Assam.



Swamp Prince of Kanha- Barasingha

The barasingha, or 'swamp deer', is a graceful denizen of India's wetlands and grasslands. Known for its striking antlers, which can be up to 12 in number, it once thrived across central and northern India. Today, it finds sanctuary in Kanha National Park.



The Deer Whisperer of Andaman



"My name is Anuradha Rao and I am the fourth generation of this island. I was very young when I first arrived here on a fisherman's boat and I saw the deer for the first time. The British had brought the deer to this island. I have been connected to this place from the beginning. I used to come here regularly to feed the deer, despite my family's objections. I paid no attention to their concerns. Whenever I closed my eyes, I could see the deer in my mind. These small animals cannot climb trees to eat and, as a result, often go hungry. If they are not given food, they will only eat what is available on the ground. They remain healthy when they receive proper care and timely feeding. There was a time when people were killing the deer and taking them away, leading to a significant decline in their population. I then sought help from the authorities to protect them. Initially, the number of deer had decreased dramatically; I started with just 17. Today, there are 550 deer on Ross Island."



Pariksha Pe Charcha

A Guiding Light for Exam Warriors



“ —

Friends, this is the season of Board Exams. I wish my young friends, i.e., Exam Warriors, the best of luck for their exams. Appear for your papers without any stress and with a completely positive spirit. Every year in 'Pariksha Pe Charcha', we discuss various topics related to exams with our Exam Warriors. I am happy that this programme is now taking an institutional form... it is getting institutionalized.

— Prime Minister Narendra Modi in 'Mann ki Baat' address

”

As the board exam season begins, the spirit of Pariksha Pe Charcha (PPC) continues to inspire millions of students, parents, and teachers across India. Under the guidance of Hon'ble Prime Minister Narendra Modi, this initiative has become an integral part of exam preparations, offering practical advice, motivation, and stress-management techniques to young minds. This year, PPC took on a new format, featuring insightful discussions not just with experts but also past toppers and prominent influencers.





This is really a fantastic effort. I think nowhere in the world a world leader has ever shown such interest in our children, being concerned about the pressures that they go through. I deeply appreciate that the Prime Minister is taking interest in the examination blues some of them are having.

-Sadhguru, Yogi & Mystic, Founder of Isha Foundation



I think I'm very lucky that my parents never pressured me to bring good marks. I'd like to tell parents that it's very important to recognise their child's potential. Maybe their interest lies in something else and that is also okay.

-Deepika Padukone, Actress



In life, if you have to take a challenge, you have to be very strong, from inside also. If you're not strong, how will you deal with it? I became a champion after facing so many challenges. If I can do it, why can't you!

-M.C. Mary Kom, Indian Olympic boxer & former Rajya Sabha MP



I think whenever we hear of our exams, we are engulfed with a wave of fear. But don't let that fear stop you. Conquer your fears. The Prime Minister also says that to cheat is to be cheap. So, be honest about those things.

-Ishita Kishore, UPSC-CSE AIR - 1 2022



One of the things that I have realised is that everyone's exam preparation is a personalised thing. There's no single rule of preparation which if applied on me would apply to others.

-Jai Kumar Bohara, CLAT AIR-1 2024



Three things that I got out of Pariksha Pe Charcha: If you want to excel in any field, or if you want to stay ahead of the crowd, there are three wins that you have to do everyday- the first one is the spiritual win, second is the mental win, and the third is the physical win.

-Ashish Kumar Verma, PPC anchor and IIT Delhi student







MANN KI BAAT

Media Scan



Ashwini Vaishnav @AshwiniVaishnav

AI के क्षेत्र में भारत तेजी से अपनी मजबूत पहचान बना रहा है

Mann Ki Baat

Translate post



Dr.L.Murugan @Murugan_MoS

In the 119th episode of Mann Ki Baat today, our Hon'ble Prime Minister Shri @narendramodi ji emphasized India's scientific prowess and our remarkable space journey. As we approach National Science Day, our Hon'ble Prime Minister shared an incredible idea for the youth to experiment- One Day As A Scientist. Under this initiative, Hon'ble Prime Minister encouraged everyone to dedicate any one day to science and visit a space centre, research lab, or planetarium to quench their scientific curiosities.

Further, Hon'ble Prime Minister also discussed the progress that our nation has achieved in the field of Artificial Intelligence (AI), which was a highlight at the Global AI Conference held in Paris recently. Hon'ble Prime Minister mentioned the efforts of Shri Thodasam Kailash ji, a school teacher from Telangana. Kailash ji's endeavour to preserve tribal languages is a testament of effective and ethical use of AI.

#MannKiBaat



THIS WILL INCREASE YOUR CURIOSITY

G Kishan Reddy @kishanreddybjp

In today's Mann Ki Baat episode, Hon'ble PM Shri @narendramodi ji has called on citizens to come together to fight obesity in India. He has urged every Indian to reduce their oil consumption by 10%, a small but impactful step towards a healthier future!

Obesity is growing at an alarming rate, but by making mindful dietary choices, we can take control of our health and prevent related diseases. Let's take up the challenge, inspire others, and work towards a fitter future!

#MannKiBaat



10% Less Oil = A Healthier YOU! LET'S FIGHT OIL BASTARD

Hardeep Singh Puri @hardeepSPuri

While technological innovations are fuelling the India Growth Story in several sectors including our energy sector where AI driven tools are being implemented in enhancing oil exploration and production, among others, the digital evolution is also driving efforts in the cultural landscape.

An example of this can be seen in how a Telangana teacher Shri Todasam Kailash Ji is using AI to generate immensely popular content in Kolami language. We could see Sh Kailash at work in today's edition of PM @narendramodi Ji's #MannKiBaat program.

@NameApp @mannkibaat @narendramodi_ji @PetroleumMin



THIS FIELD IS AI I.E. ARTIFICIAL INTELLIGENCE

Devenra Fadnavis @Dev_Fadnavis - Feb 23

Live | Don't miss out on Hon PM Narendra Modi Ji's inspiring conversation on Mann Ki Baat! Tune In now!

@narendramodi @mannkibaat #MannKiBaat



MANN KI BAAT

Narendra Modi @narendramodi

This month's #MannKiBaat will surely interest you. Do tune in!



Sarbananda Sonowal @sarbandsonowal

It is always a privilege to hear about the encouraging and experienced words of Hon'ble PM Shri @narendramodi Ji. Today, tuned in to his Mann Ki Baat at Booth No 85 in Narakasar Mandal in the presence of our energetic karyakartas led by President Smt. Devi Chakraborty.

On a day when Modi Ji spoke eloquently about the achievements of #Naisishakti, felt even more inspired in this journey to take the nation forward.

#MannKiBaat



Smriti Z Irani @smritiirani

8 मार्च को 'अंतर्राष्ट्रीय महिला दिवस' के अवसर पर, नारीशक्ति के योगदान को नमन करने के लिए देश नियर रहे।

इन 10 वर्षों में भारत की महिलाओं को सम्मान और समान अवसर, दोनों मिला है।

#MannKiBaat

Translate post



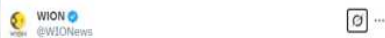
Jagat Prakash Nadra @JPNadra

आज दिल्ली के नारायणा विहार में आदरणीय प्रधानमंत्री श्री @narendramodi जी के #MannKiBaat के 119वें संस्करण को भारतीय जनता पार्टी के कार्यकर्ता साथियों के साथ सुना।

मोदी जी ने मातृशक्ति के सम्मान, खेल प्रतिभाओं, आर्टिफिशियल इंटेलीजेंस के विशेषज्ञों एवं विभिन्न क्षेत्र के वैज्ञानिकों को प्रोत्साहन देने के लिए बहुमूल्य विचार प्रकट किये हैं।

देशभर में मन की बात कार्यक्रम सामाजिक घेतना तथा जन-जामरकता का प्रमुख माध्यम बना है। प्रधानमंत्री जी के द्वारा इस कार्यक्रम के माध्यम से समाज में हो रहे विभिन्न नवाचार और विविध कार्यों को जन-जन तक पहुंचाया जा रहा है।

Translate post



WION @WIONews

Prime Minister Narendra Modi addressed the nation in the 119th edition of his radio program, Mann Ki Baat. PM Modi mentioned about ICC Champions Trophy and ISRO's 100th mission last month.

#PMModi #NarendraModi #MannKiBaat



Vihwajit Rane @vibrane

Today, the people of Valpol tuned in to listen to the 119th episode of Mann Ki Baat, where Prime Minister Shri @narendramodi ji spoke about various aspects of the country's progress including India's achievements in space exploration, including ISRO's 100th rocket launch. He also announced a special initiative for International Women's Day, handing over his social media accounts to inspiring women for a day.

PM Modi encouraged people to celebrate National Science Day by spending "one day as a scientist", and also talked about measures to reduce obesity. He applauded Karnataka and Gujarat for their role in preservation of tigers, leopards, Asiatic lions, rhinos, and swamp deer. The people of Valpol listened with enthusiasm, appreciating the Prime Minister's vision for progress and innovation.

#MannKiBaat



Tiger NS @TigerNS3

Mann Ki Baat: PM Modi hails ISRO's century in rocket launches, urges people to dedicate a day for science #100thLaunch #Sriharikota #ISRO #MannKiBaat



भारत ने स्पेस सेक्टर में लगाया 'शतक, तकनीक के क्षेत्र में युवाओं की भागेदारी से आई नई क्रांति : मोदी



श्री मोदी (बाएं-ऊपर)



भारतीय स्पेस कार्यक्रमों में भारत की अगुआई में 100 वर्षों की यात्रा का उत्सव मनाया गया।

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MANN KI BHAY ADDRESS Modi Hails Women's Role in a Number of Fields; Cosmic Feats

Prime minister to hand over his social media accounts to select women on March 8

Prime Minister Narendra Modi on Sunday addressed a gathering of women in a number of fields, including space, and announced that he would hand over his social media accounts to select women on March 8.

PM Modi praises rising startups, says 'space sector a favourite among youth'

PM Modi also highlighted the active participation of women in this sector

Prime Minister Narendra Modi on Sunday praised the growth of startups in India's space sector and the active participation of youth in it during his Mann Ki Bhay address.



Prime Minister Narendra Modi on Sunday praised the growth of startups in India's space sector and the active participation of youth in it during his Mann Ki Bhay address.

ಮಕ್ಕಳಲ್ಲೂ ಹೆಚ್ಚುತ್ತಿರುವ ಬೊಜ್ಜಿನ ಬಗ್ಗೆ ಪೃಥಾನಿ ಆತಂಕ | ಮನ್ ಬಾಕ್ ನಲ್ಲಿ ಆಹಾರ ಪದ್ಧತಿ ಬದಲಾವಣೆಗೆ ಕಿವಿಮಾತು ಬೊಜ್ಜು ಕರಗಿಸಲು ಖಾದ್ಯ ತೈಲ ಕಡಿಮೆ ಮಾಡಿ

ಬೊಜ್ಜು ಅಥವಾ ಸೂಕ್ತ ಪದಾರ್ಥಗಳನ್ನು ಸರಿಯಾಗಿ ಸೇವಿಸದೇ ಅಥವಾ ಅಧಿಕವಾಗಿ ಸೇವಿಸಿದರೆ ಬೊಜ್ಜು ಹೆಚ್ಚುತ್ತದೆ. ಇದರಿಂದ ದೇಹದ ತೂಕವು ಹೆಚ್ಚುತ್ತದೆ ಮತ್ತು ಆರೋಗ್ಯಕ್ಕೆ ಹಾನಿ ಆಗುತ್ತದೆ.

ಪಾಲಿಟೆಕ್ನಿಕ್ ಗಳಿಂದ ಮಕ್ಕಳು ತಿಳಿದುಕೊಳ್ಳುವುದು ಮುಖ್ಯ. ಇದರ ಜೊತೆಗೆ ಆರೋಗ್ಯಕರ ಆಹಾರಗಳನ್ನು ಸೇವಿಸುವುದು ಮತ್ತು ದೈನಂದಿನ ಚಟುವಟಿಕೆಗಳನ್ನು ಮಾಡುವುದು ಮುಖ್ಯ.

ಇನ್ನೂ ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ 'ಮನ್ ಬಾಕ್' ನಲ್ಲಿ ಆಹಾರ ಪದ್ಧತಿ ಬದಲಾವಣೆಗಾಗಿ ಕಿವಿಮಾತು ಕೊಡುವುದು ಮುಖ್ಯ.

ಮನ್ ಬಾಕ್ ನಲ್ಲಿ ಆಹಾರ ಪದ್ಧತಿ ಬದಲಾವಣೆಗಾಗಿ ಕಿವಿಮಾತು ಕೊಡುವುದು ಮುಖ್ಯ.

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PM Modi Mann Ki Baat: AI और ISRO से लेकर महिला सशक्तिकरण तक, 119वें 'मन की बात' एपिसोड में पीएम मोदी ने कही ये बातें

दैनिक भास्कर

मन की बात का 119वां एपिसोड: पीएम मोदी ने स्पेस साइंस, एआई और बढ़ते मोटापे पर की चर्चा



ملک خلائى شعبے میں نئی بلندیوں کو چھو رہا ہے: پی ایم مودی - MANN KI BAAT



PM Modi sounds alarm on obesity in Mann Ki Baat – Challenges India to get fit



Mann Ki Baat's 119th Episode: PM Modi Encourages Students To Stay Positive & Stress-Free During Board Exams



Mann Ki Baat: Obesity increased four-fold among children, PM Modi expresses concerns on health issue



'Cut consumption of edible oil by 10 per cent': PM Modi's health tip during 119th Mann Ki Baat



LIVE PM Modi Mann Ki Baat: हर तरफ क्रिकेट का माहौल पर भारत ने स्पेस में बनाई है सेंचुरी, मन की बात में बोले PM मोदी

THE ECONOMIC TIMES

PM Modi hails India's Space century, AI rise & women trailblazers in Mann Ki Baat; Here are key highlights

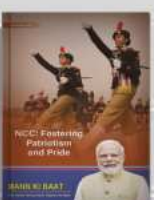
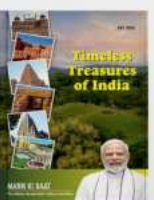
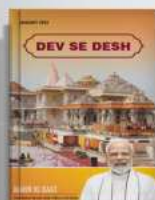
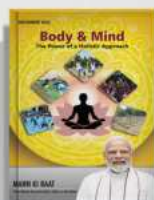
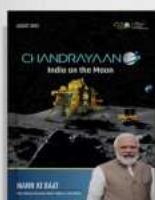


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