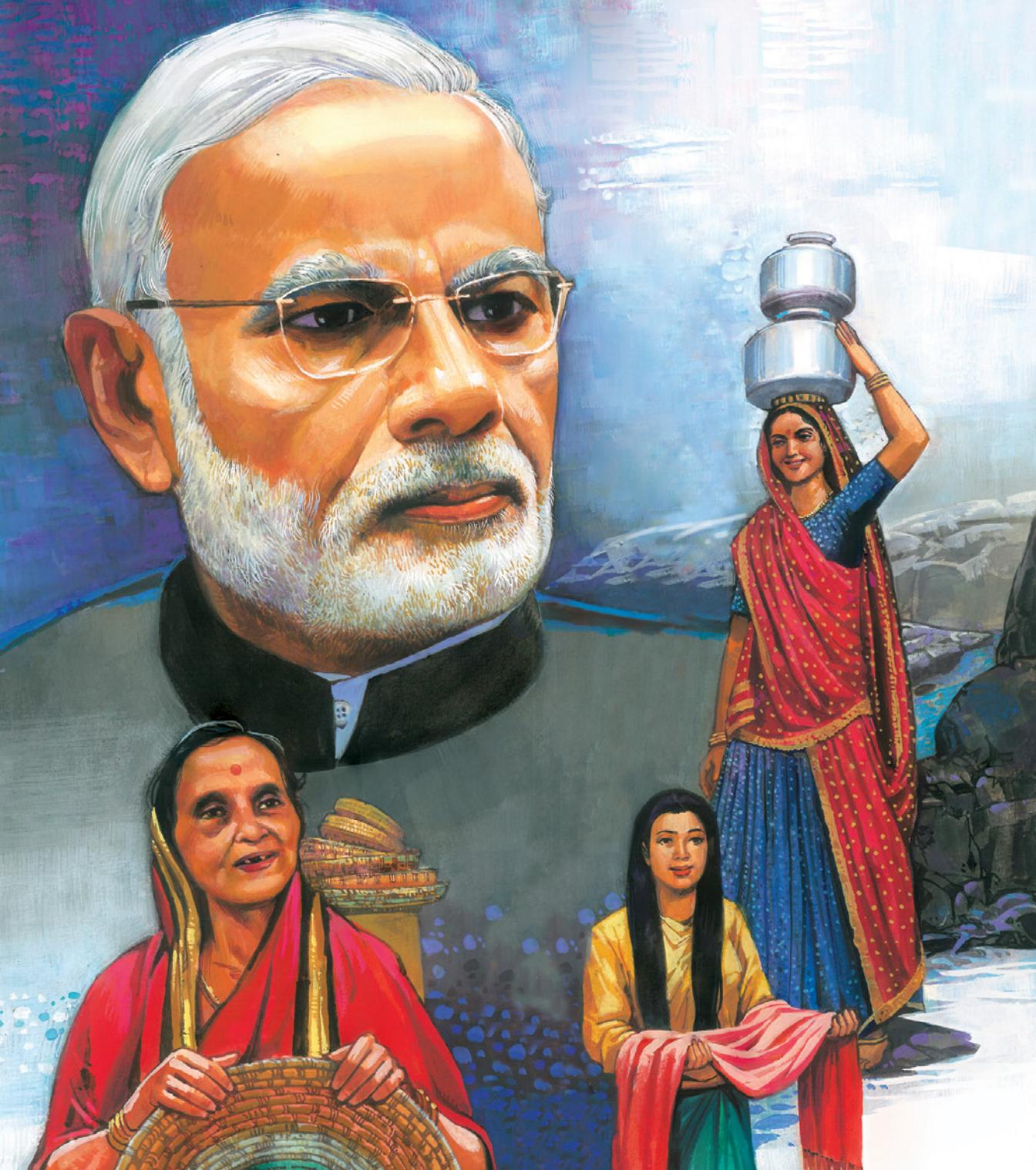




MANN KI BAAT

VOL.6



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When one is faced with a problem, what does one do? Some of us will ignore the problem, some will worry about it but do nothing and some will look for a solution.

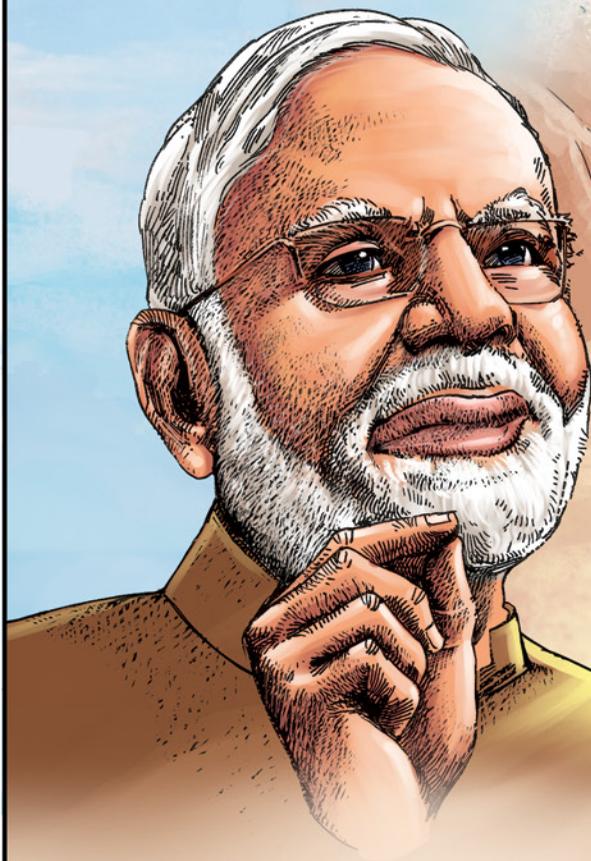
Babita Rajput looked for a solution.

When the lake in her village dried up and the people had to walk for miles to fetch water, Babita decided to bring water and fill the lake again. No, not with buckets or long pipes but by cutting a passage through a tall hill and letting the water flow from a canal on the other side to the lake.

For this gigantic task, she got the help of 200 women. They called themselves 'Jal Sahelis' or friends of water. Together they dug a passage in 18 months and succeeded in filling up not just the lake but also the borewells.

Ignoring a problem does not make it go away. It just stays and becomes bigger and bigger.

Worrying about it also does not help. Worrying is like sitting in a rocking chair and rocking hard. You will stay in the same place. You will not move forward or backward.



Problems always have solutions. You just have to look for the solution and you will find it.

Promise me today that whenever you face a problem in your life, you will not let it overcome you. You will overcome it.



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ISMALBHAI SHERU

IT WAS NAIR SIR'S CLASS AND THE STUDENTS WERE WAITING FOR ANOTHER MANN KI BAAT STORY.

DID YOU READ ABOUT THE LOSSES FARMERS INCURRED DUE TO HEAVY RAIN?

YES, MY FATHER WAS TELLING ME HOW BAD WEATHER CAN RUIN AN ENTIRE CROP?

YOUR FATHER IS RIGHT, POOJA. FARMING CAN BE A RISKY PROFESSION...

...BUT TODAY'S STORY IS ABOUT A FARMER WHO PROVED THAT WITH INNOVATION, FARMING CAN ALSO BE VERY PROFITABLE. THIS MAN IS ISMAILBHAI SHERU, A FARMER FROM RAMPURA VILLAGE IN GUJARAT.

ISMAL WAS BORN INTO A FARMING FAMILY.

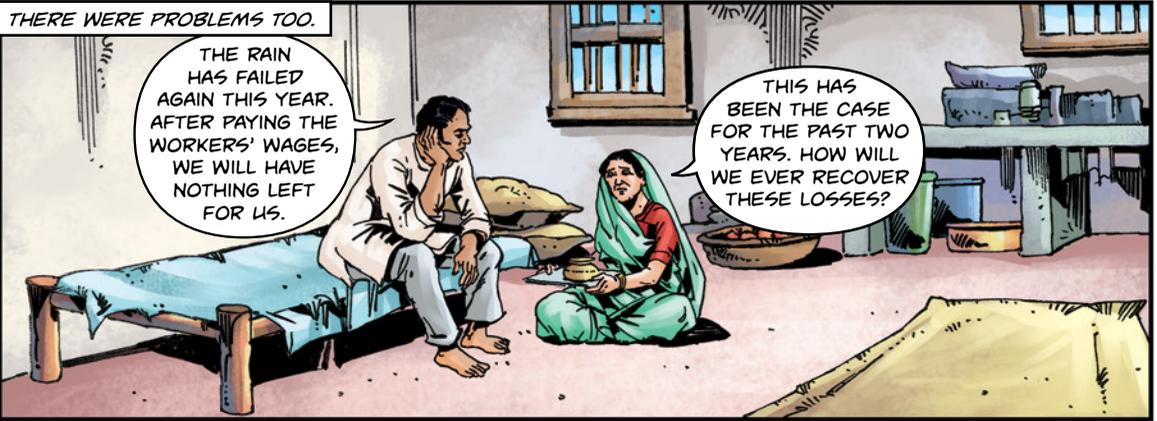
MAKE SURE THE FERTILISER IS SPREAD EVENLY.

WHEN I GROW UP I WILL ALSO BECOME A FARMER LIKE FATHER.

THERE WERE PROBLEMS TOO.

THE RAIN HAS FAILED AGAIN THIS YEAR. AFTER PAYING THE WORKERS' WAGES, WE WILL HAVE NOTHING LEFT FOR US.

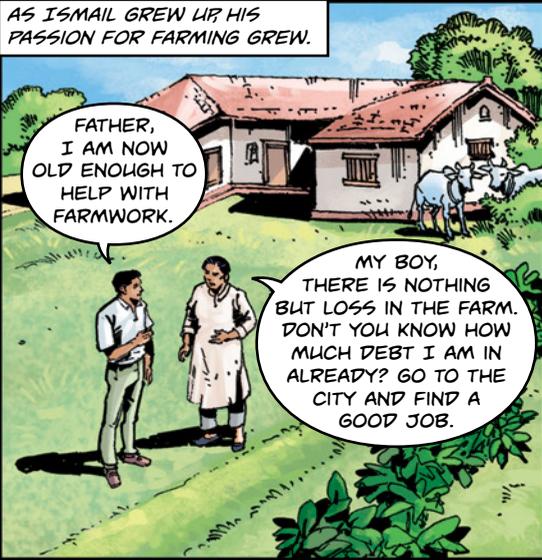
THIS HAS BEEN THE CASE FOR THE PAST TWO YEARS. HOW WILL WE EVER RECOVER THESE LOSSES?



AS ISMAIL GREW UP HIS PASSION FOR FARMING GREW.

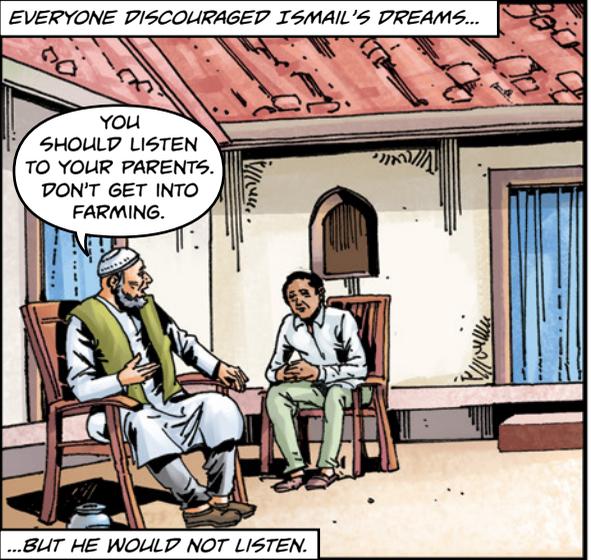
FATHER, I AM NOW OLD ENOUGH TO HELP WITH FARMWORK.

MY BOY, THERE IS NOTHING BUT LOSS IN THE FARM. DON'T YOU KNOW HOW MUCH DEBT I AM IN ALREADY? GO TO THE CITY AND FIND A GOOD JOB.



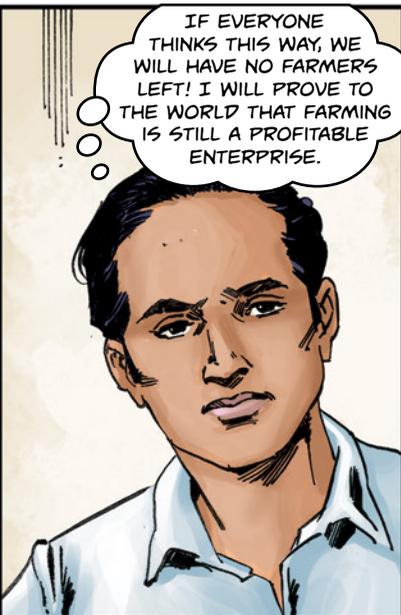
EVERYONE DISCOURAGED ISMAIL'S DREAMS...

YOU SHOULD LISTEN TO YOUR PARENTS. DON'T GET INTO FARMING.



...BUT HE WOULD NOT LISTEN.

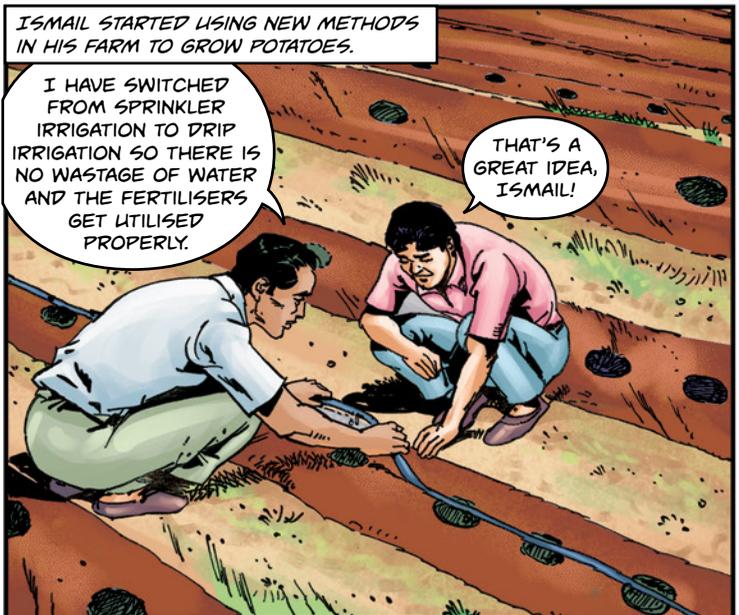
IF EVERYONE THINKS THIS WAY, WE WILL HAVE NO FARMERS LEFT! I WILL PROVE TO THE WORLD THAT FARMING IS STILL A PROFITABLE ENTERPRISE.



ISMAIL STARTED USING NEW METHODS IN HIS FARM TO GROW POTATOES.

I HAVE SWITCHED FROM SPRINKLER IRRIGATION TO DRIP IRRIGATION SO THERE IS NO WASTAGE OF WATER AND THE FERTILISERS GET UTILISED PROPERLY.

THAT'S A GREAT IDEA, ISMAIL!





HIS INNOVATION WAS A SUCCESS AND SOON HE BECAME KNOWN FOR HIS HIGH-QUALITY POTATOES.

THE YIELD HAS BEEN GREAT THIS YEAR. WITH REDUCED COSTS AND WASTAGE, I'VE MANAGED TO EARN A HANDSOME PROFIT.

WHEN IT WAS TIME TO SELL HIS YIELD —

IT WAS A PLEASURE DOING BUSINESS WITH YOU, MR ISMAIL. I'M GLAD YOU APPROACHED OUR COMPANY DIRECTLY.

WELL, I REALISED THAT FARMERS LOSE TOO MUCH MONEY TO MIDDLEMEN.

FROM THEN ON, ISMAIL HAS SOLD HIS HIGH-QUALITY CROP TO SEVERAL LARGE COMPANIES, ALL WITHOUT MIDDLEMEN.

FATHER, WITH THIS YEAR'S PROFITS, I HAVE PAID OFF THE LAST OF YOUR OLD DEBTS. YOU DON'T HAVE TO WORRY ABOUT ANYTHING NOW.

I AM SO PROUD OF YOU, MY SON.

NOW, ISMAIL ALSO HELPS OTHER FARMERS IMPLEMENT NEW INNOVATIONS AND MAKE THEIR FARMS MORE PROFITABLE.

IN HIS RADIO SHOW, PM MODI PRAISED ISMAIL'S EFFORTS AND HIS WORK TOWARDS CHANGING THE LIVES OF FARMERS.



TONGBRAM BIJIYASHANTI

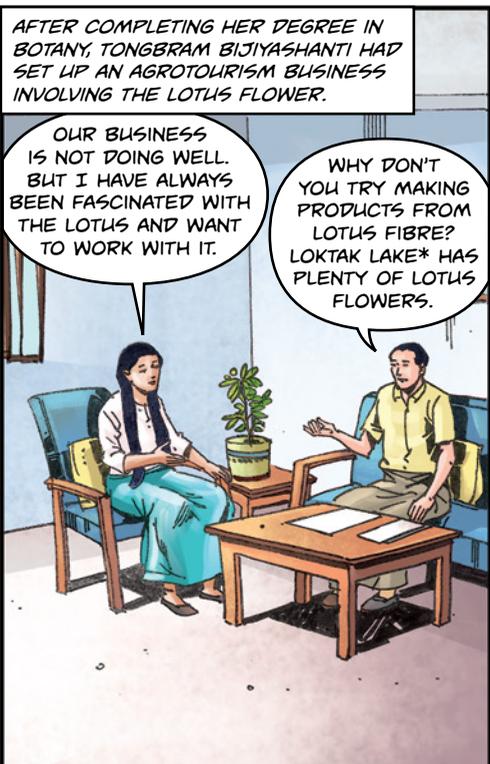


LOOK AT THIS BUTTERFLY I MADE USING REAL FLOWERS AND LEAVES.

IT'S AMAZING. LET'S SHOW IT TO NAIR SIR WHEN HE COMES. HE'LL LOVE IT.



IT'S A BEAUTIFUL CREATION, SHARADA, AND SUSTAINABLE TOO. IT REMINDS ME OF A WOMAN NAMED BIJIYASHANTI, WHO MADE INTERESTING CREATIONS FROM LOTUS STALKS. LET'S HEAR HER STORY.



AFTER COMPLETING HER DEGREE IN BOTANY, TONGBRAM BIJIYASHANTI HAD SET UP AN AGROTOURISM BUSINESS INVOLVING THE LOTUS FLOWER.

OUR BUSINESS IS NOT DOING WELL. BUT I HAVE ALWAYS BEEN FASCINATED WITH THE LOTUS AND WANT TO WORK WITH IT.

WHY DON'T YOU TRY MAKING PRODUCTS FROM LOTUS FIBRE? LOKTAK LAKE* HAS PLENTY OF LOTUS FLOWERS.



AFTER A LOT OF RESEARCH —

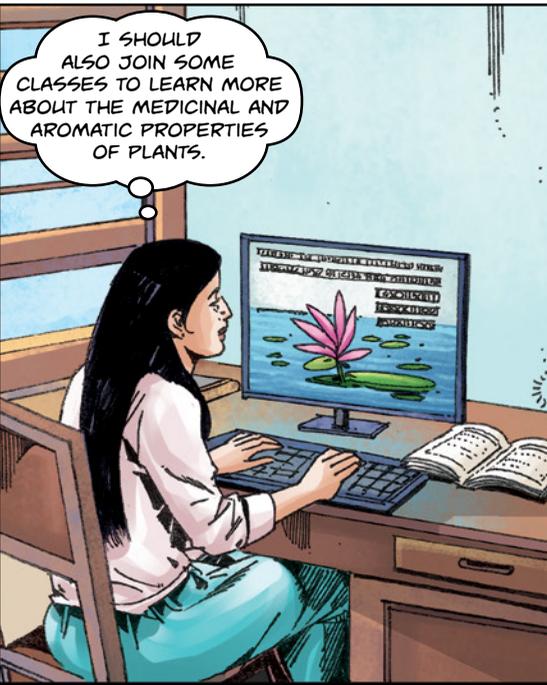
THE STALKS OF THE LOTUS GO TO WASTE ONCE THE FLOWERS ARE USED. MAKING YARN OUT OF THEM IS SUSTAINABLE.

LOTUS YARN IS ALSO IN GREAT DEMAND IN MANY PARTS OF THE WORLD.

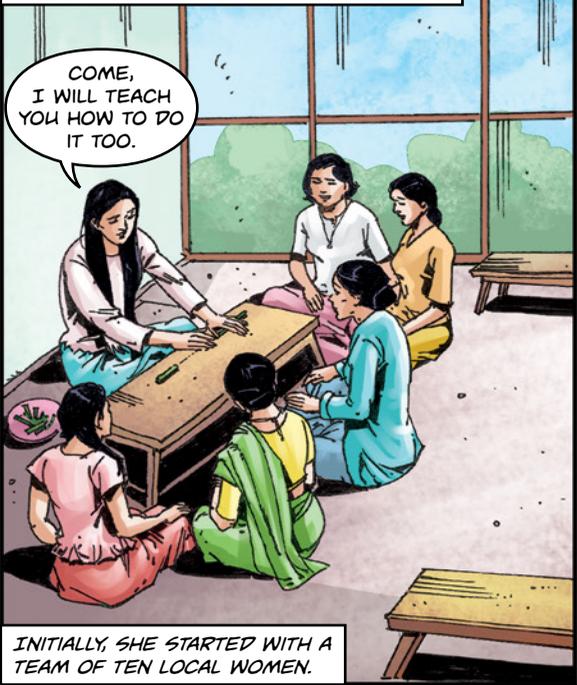
*A FRESHWATER LAKE IN BISHNUPUR, MANIPLUR



BIJIYASHANTI JOINED AN ENTREPRENEURSHIP TRAINING PROGRAMME ORGANISED BY THE MINISTRY OF MICRO, SMALL AND MEDIUM ENTERPRISES.



EQUIPPED WITH NEW KNOWLEDGE, IN 2018, BIJIYASHANTI STARTED EXTRACTING THE FIBRE FROM LOTUS STEMS TO MAKE YARN.

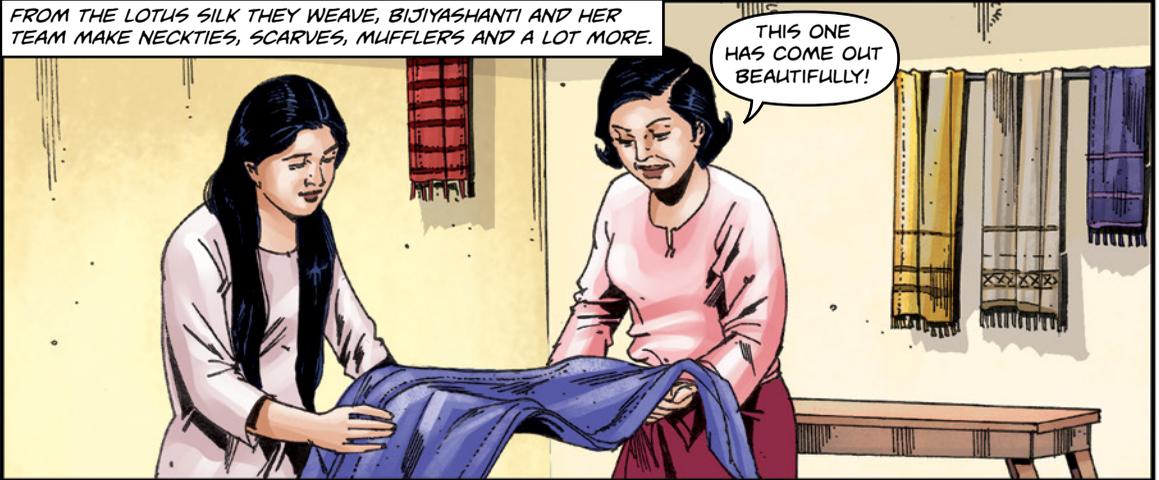


BIJIYASHANTI THEN STARTED AN ENTERPRISE NAMED 'SANAJING SANA THAMBAL' AND BEGAN TEACHING THE METHOD TO OTHER WOMEN IN HER VILLAGE.



FROM THE LOTUS SILK THEY WEAVE, BIJIYASHANTI AND HER TEAM MAKE NECKTIES, SCARVES, MUFFLERS AND A LOT MORE.

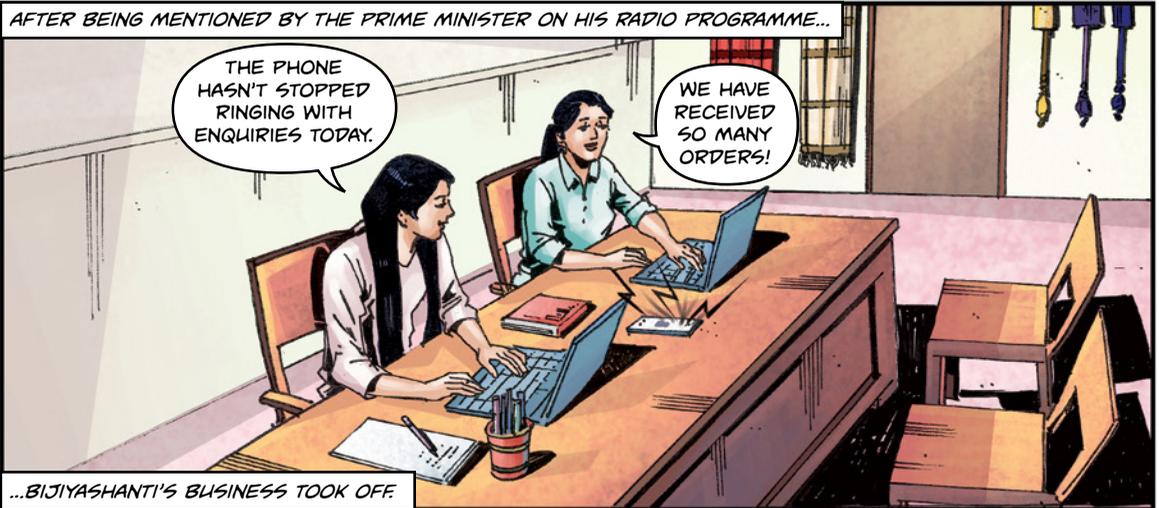
THIS ONE HAS COME OUT BEAUTIFULLY!



AFTER BEING MENTIONED BY THE PRIME MINISTER ON HIS RADIO PROGRAMME...

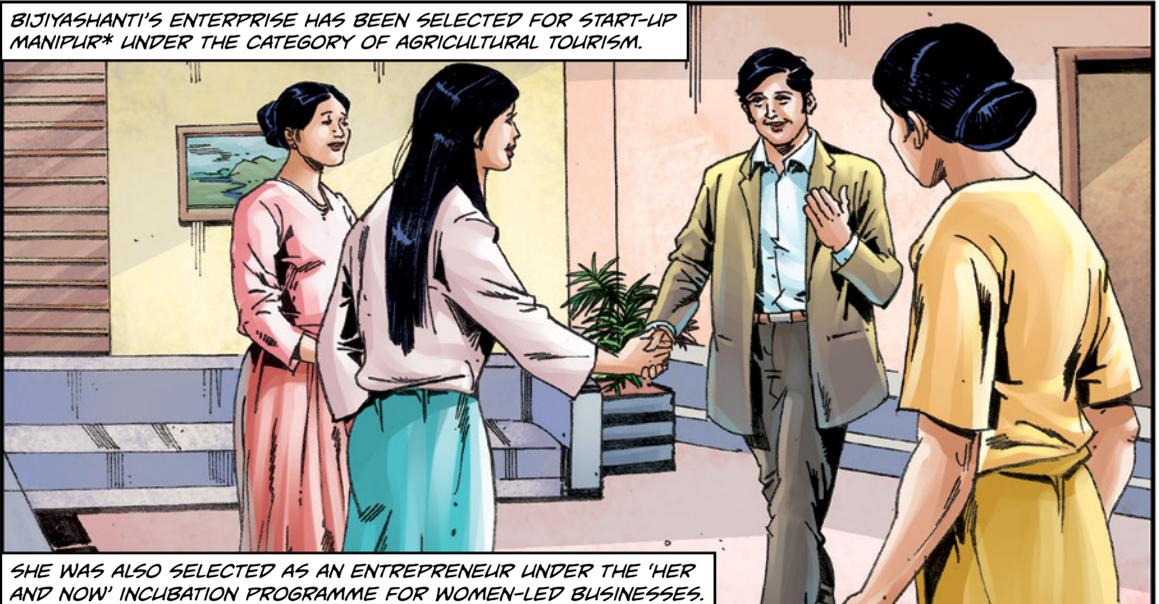
THE PHONE HASN'T STOPPED RINGING WITH ENQUIRIES TODAY.

WE HAVE RECEIVED SO MANY ORDERS!



...BIJIYASHANTI'S BUSINESS TOOK OFF.

BIJIYASHANTI'S ENTERPRISE HAS BEEN SELECTED FOR START-UP MANIPUR* UNDER THE CATEGORY OF AGRICULTURAL TOURISM.

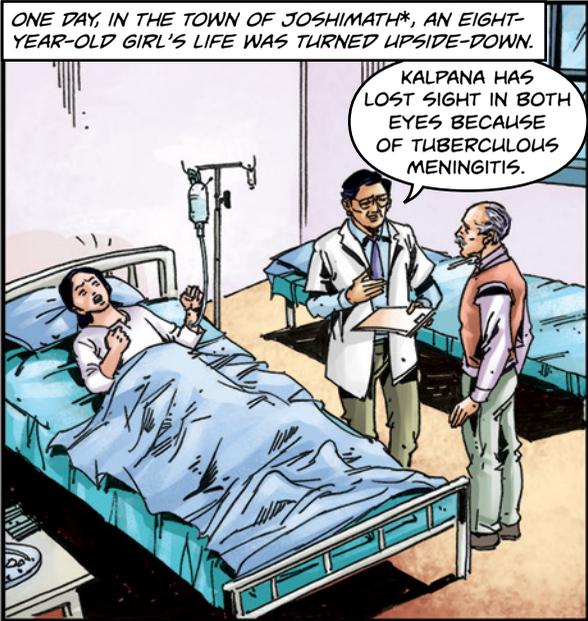


SHE WAS ALSO SELECTED AS AN ENTREPRENEUR UNDER THE 'HER AND NOW' INCUBATION PROGRAMME FOR WOMEN-LED BUSINESSES.

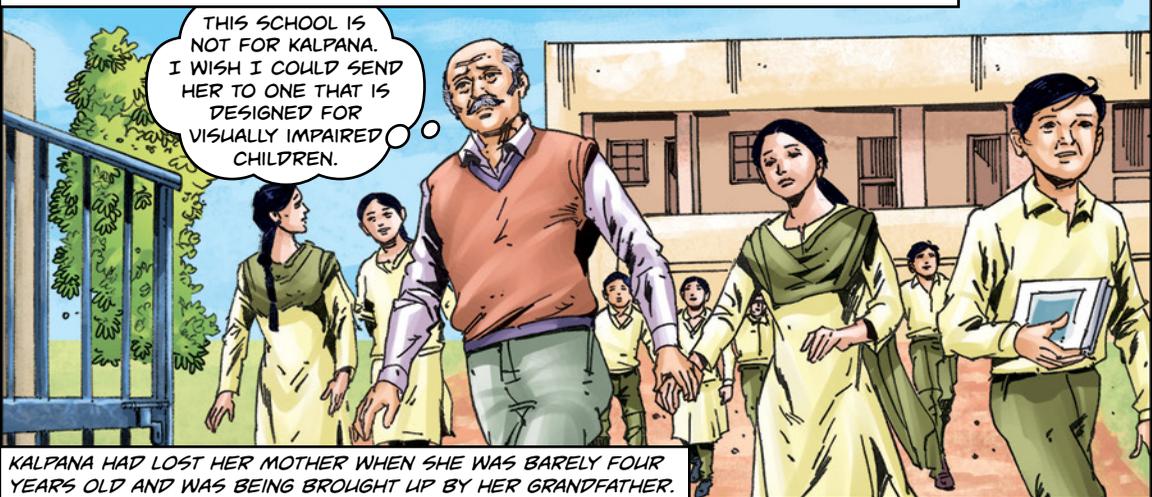
*A GOVERNMENT SCHEME TO PROMOTE ENTREPRENEURSHIP AND INNOVATION ACROSS MANIPUR.

KALPANA

IT WAS RECESS AND THE STUDENTS WERE PLAYING BLIND MAN'S BLUFF.

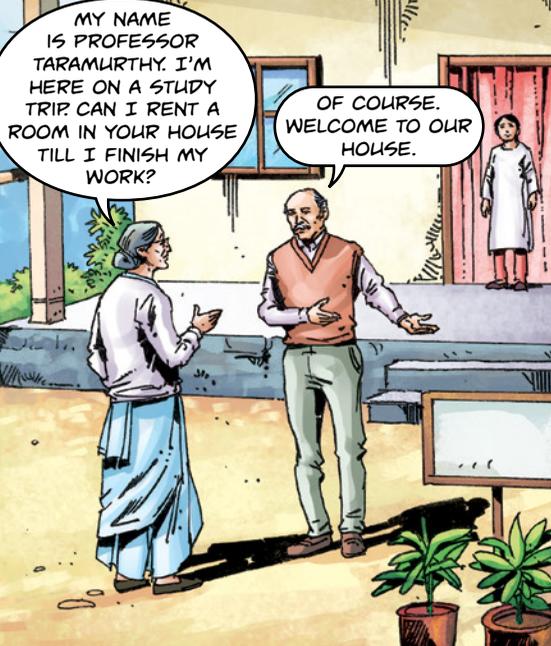


THE LOCAL SCHOOLS WERE NOT EQUIPPED TO TEACH STUDENTS WITH VISUAL IMPAIRMENTS.



*IN UTTARAKHAND

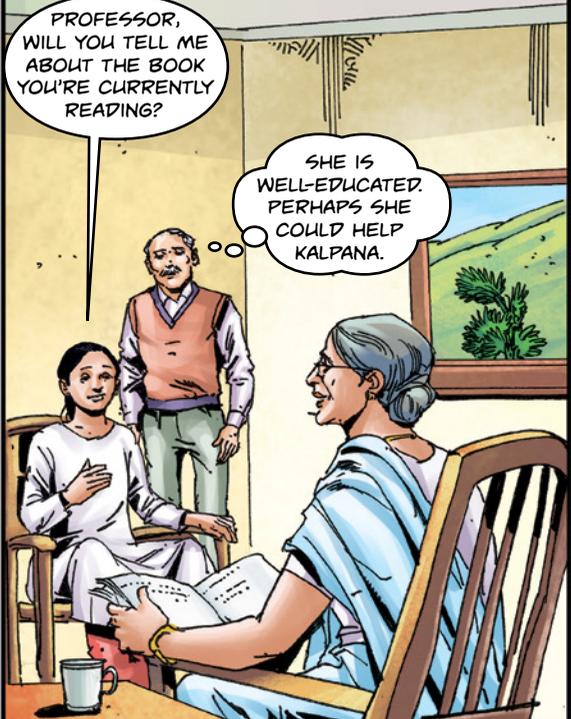
THE ANSWER ARRIVED, IN 2017, IN THE FORM OF A VISITOR.



MY NAME IS PROFESSOR TARAMURTHY. I'M HERE ON A STUDY TRIP. CAN I RENT A ROOM IN YOUR HOUSE TILL I FINISH MY WORK?

OF COURSE. WELCOME TO OUR HOUSE.

AS THE MONTHS PASSED —



PROFESSOR, WILL YOU TELL ME ABOUT THE BOOK YOU'RE CURRENTLY READING?

SHE IS WELL-EDUCATED. PERHAPS SHE COULD HELP KALPANA.



I'VE BEEN LOOKING FOR A GOOD SCHOOL FOR MY GRANDDAUGHTER. CAN YOU SUGGEST ANY?

IF YOU CAN TRUST ME, LET ME TAKE HER BACK HOME TO KARNATAKA WITH ME. I WILL FIND SOMETHING THAT SUITS HER.

SHE DID. PROFESSOR TARAMURTHY ENROLLED KALPANA IN THE RANGA RAO MEMORIAL RESIDENTIAL SCHOOL FOR THE DIFFERENTLY ABLED, IN MYSURU*.



THIS IS SO EXCITING! IT IS THE FRESH START I'VE ALWAYS WANTED.

*A CITY IN KARNATAKA



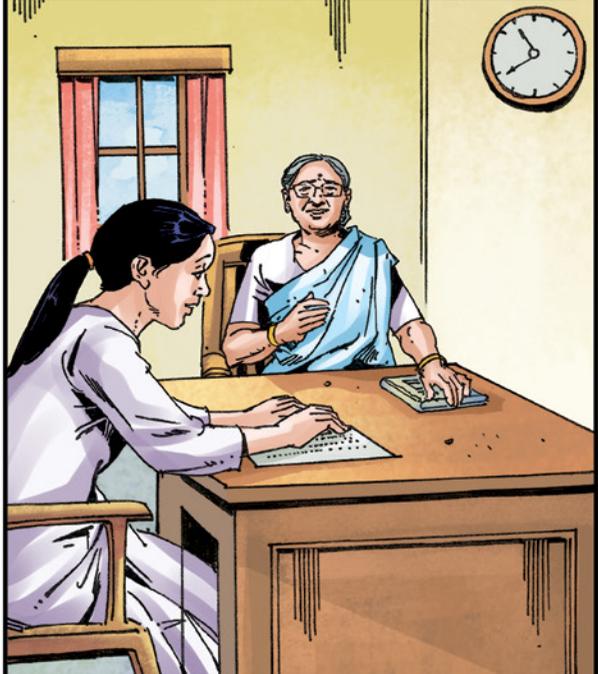
THE MEDIUM OF INSTRUCTION IN THE SCHOOL WAS KANNADA, WHICH WAS NEW TO KALPANA.



I ALREADY KNOW HINDI AND GARHWALI. WHAT'S ANOTHER LANGUAGE? I CAN LEARN IT.

AND SHE DID, IN JUST THREE MONTHS, WITH THE HELP OF HER TEACHERS AND PEERS.

WHEN THE COVID-19 PANDEMIC STRUCK, PROFESSOR TARAMURTHY TOOK KALPANA HOME AND TAUGHT HER.



THEY WORKED LONG HOURS.

IN 2022, KALPANA TOOK THE SSLC* EXAM, SCORING 514 MARKS OUT OF 625.



AND 92 IN KANNADA!

WELL DONE!

KALPANA'S FEAT WAS RECOGNISED AND PRAISED BY PM MODI IN MANN KI BAAT.

AFTER HER SUCCESS, KALPANA'S DREAMS HAVE ONLY GROWN BIGGER.



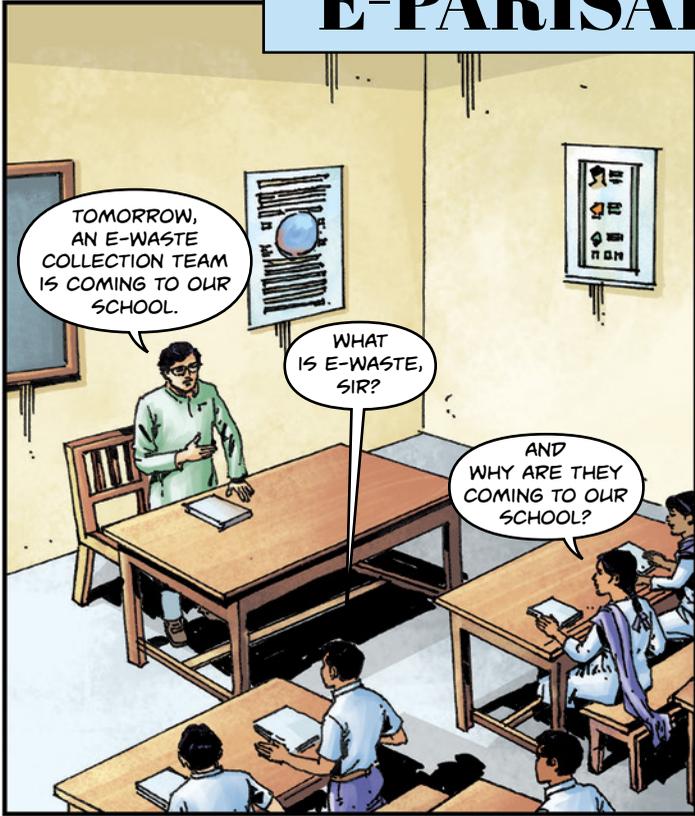
SOMEDAY, I'LL BECOME AN IAS* OFFICER. AS LONG AS I KEEP WORKING HARD, I KNOW I CAN DO IT.

*INDIAN ADMINISTRATIVE SERVICE

*SECONDARY SCHOOL LEAVING CERTIFICATE, OBTAINED ON PASSING THE GRADE 10 PUBLIC EXAMS



E-PARISARAA



TOMORROW, AN E-WASTE COLLECTION TEAM IS COMING TO OUR SCHOOL.

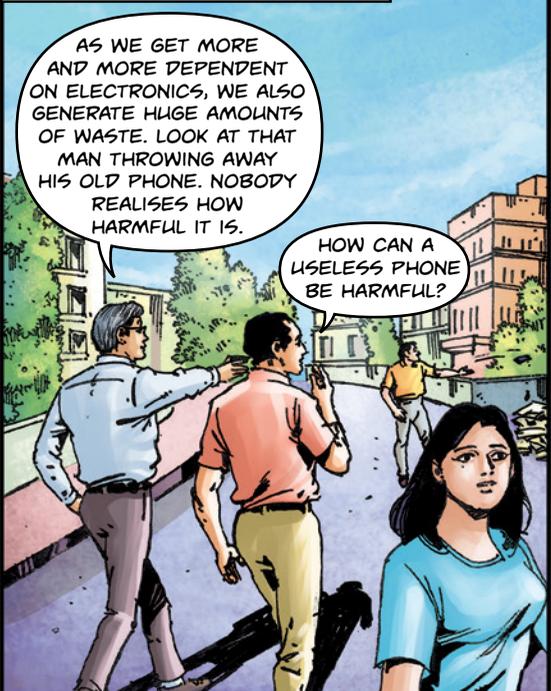
WHAT IS E-WASTE, SIR?

AND WHY ARE THEY COMING TO OUR SCHOOL?

E-WASTE IS SHORT FOR ELECTRONIC WASTE. THE TEAM IS COMING TO COLLECT OLD AND DISCARDED COMPUTERS AND PHONES FOR RECYCLING, SO THEY DO NOT HARM THE ENVIRONMENT. JUST LIKE THE ORGANISATION CALLED E-PARISARAA IN BENGALURU.

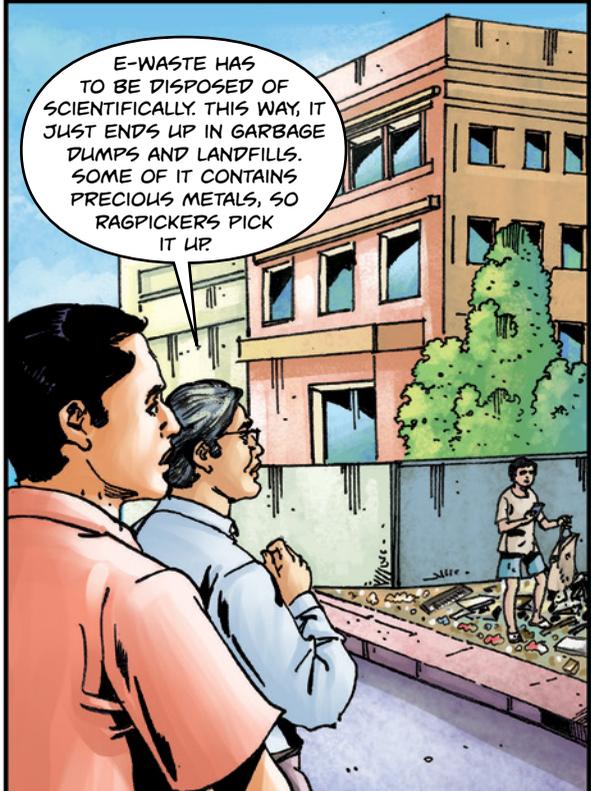


P. PARTHASARATHY WAS A CHEMICAL ENGINEER IN THE ELECTROPLATING* INDUSTRY. A TROUBLING THOUGHT HAD BEEN OCCUPYING HIS MIND.



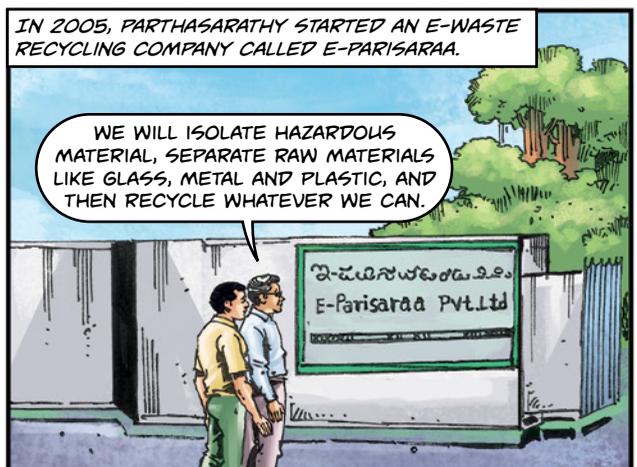
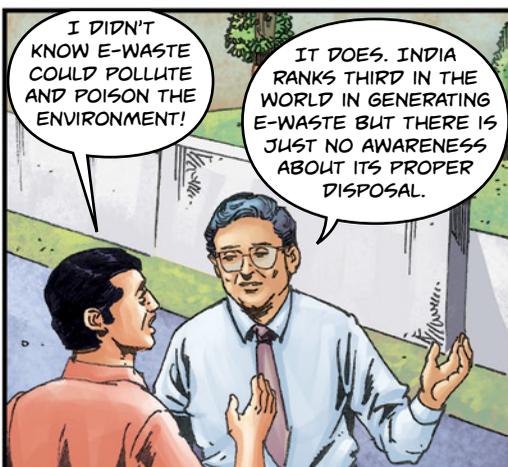
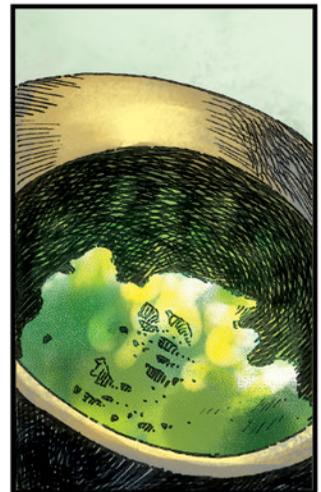
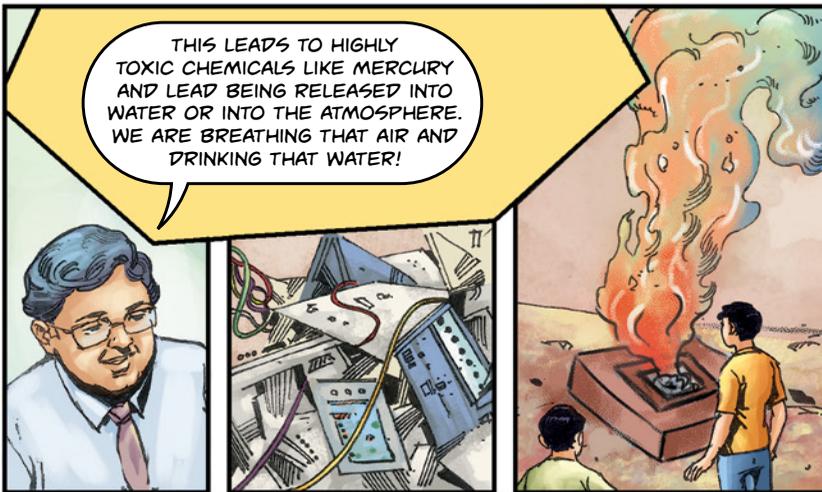
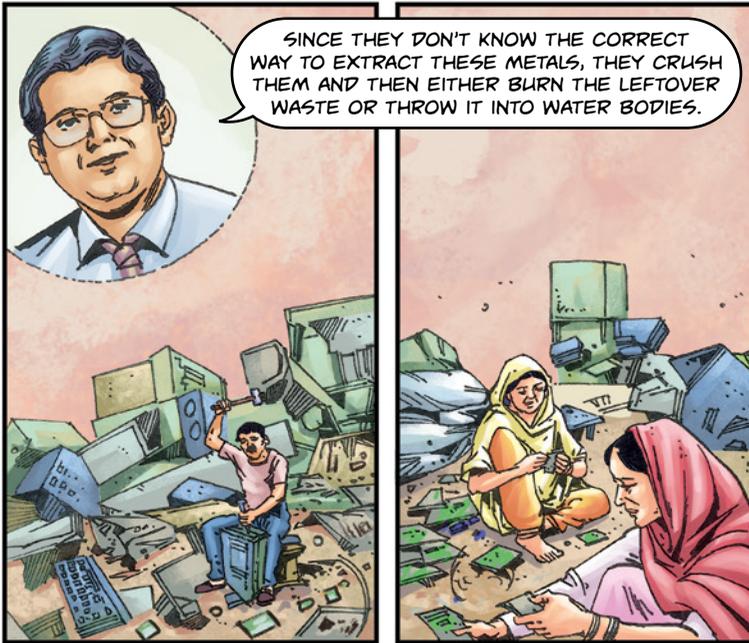
AS WE GET MORE AND MORE DEPENDENT ON ELECTRONICS, WE ALSO GENERATE HUGE AMOUNTS OF WASTE. LOOK AT THAT MAN THROWING AWAY HIS OLD PHONE. NOBODY REALISES HOW HARMFUL IT IS.

HOW CAN A USELESS PHONE BE HARMFUL?



E-WASTE HAS TO BE DISPOSED OF SCIENTIFICALLY. THIS WAY, IT JUST ENDS UP IN GARBAGE DUMPS AND LANDFILLS. SOME OF IT CONTAINS PRECIOUS METALS, SO RAGPICKERS PICK IT UP.

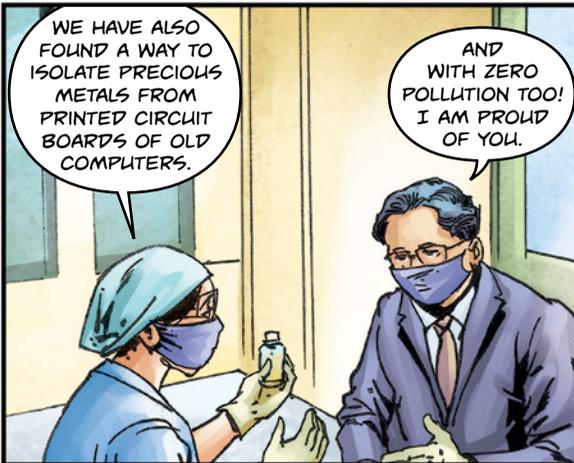
*THE PROCESS OF COATING A METAL WITH ANOTHER METAL



E-PARISARAA SOON DEVISED SIMPLE, SAFE AND ENVIRONMENT-FRIENDLY METHODS TO DO SO.



LOOK SIR, WE HAVE RECOVERED ALUMINIUM AND COPPER FROM LITHIUM BATTERIES.



WE HAVE ALSO FOUND A WAY TO ISOLATE PRECIOUS METALS FROM PRINTED CIRCUIT BOARDS OF OLD COMPUTERS.

AND WITH ZERO POLLUTION TOO! I AM PROUD OF YOU.



THE RECOVERED METALS WERE USED TO PLATE JEWELLERY, PENS AND OTHER ITEMS.

SO PRETTY!

E-PARISARAA BECAME THE FIRST E-WASTE RECYCLER TO GET APPROVAL FROM BOTH THE CENTRAL AND STATE POLLUTION CONTROL BOARDS.

IN 2010, E-PARISARAA WAS AWARDED THE FIRST PRIZE IN THE NATIONAL AWARDS FOR OUTSTANDING ENTREPRENEURSHIP FROM THE MINISTRY OF MICRO, SMALL & MEDIUM ENTERPRISES.



MICRO, SMALL & MEDIUM ENTERPRISES
CHIEF GUEST
SMT. PRATIBHA DEVI SINGH PATIL

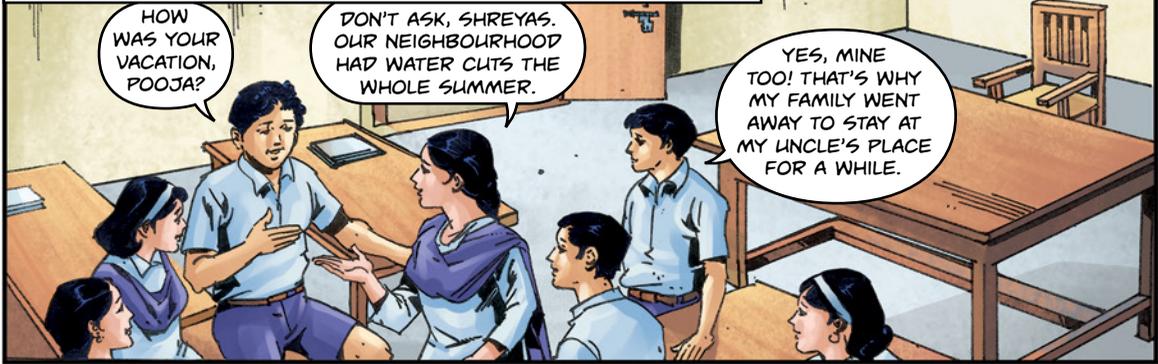
OTHER AWARDS AND RECOGNITION FOLLOWED. IN 2023, PRIME MINISTER NARENDRA MODI ACKNOWLEDGED THEIR EFFORTS ON MANN KI BAAT.



WE WILL CONTINUE TO FIND EVEN BETTER WAYS TO RECYCLE E-WASTE. YOU CAN HELP TOO BY DISPOSING YOUR E-WASTE ONLY AT COLLECTION CENTRES, SO THAT IT CAN BE RECYCLED WITHOUT POLLUTING YOUR SURROUNDINGS.

BABITA RAJPUT

SUMMER VACATION HAD ENDED, AND IT WAS THE FIRST DAY OF SCHOOL.



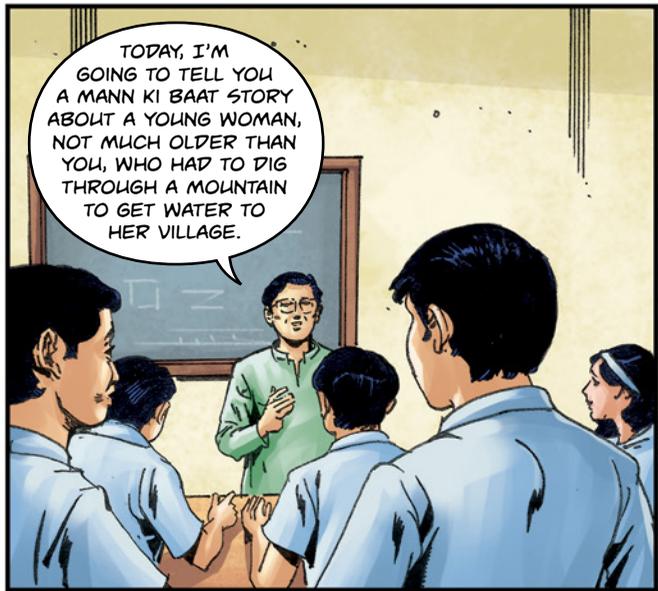
HOW WAS YOUR VACATION, POOJA?

DON'T ASK, SHREYAS. OUR NEIGHBOURHOOD HAD WATER CUTS THE WHOLE SUMMER.

YES, MINE TOO! THAT'S WHY MY FAMILY WENT AWAY TO STAY AT MY UNCLE'S PLACE FOR A WHILE.



BUT DINESH, HAVE YOU THOUGHT ABOUT PEOPLE WHO HAVE TO DEAL WITH WATER SHORTAGE ALL THROUGH THE YEAR?



TODAY, I'M GOING TO TELL YOU A MANN KI BAAT STORY ABOUT A YOUNG WOMAN, NOT MUCH OLDER THAN YOU, WHO HAD TO DIG THROUGH A MOUNTAIN TO GET WATER TO HER VILLAGE.

IN AGROTHA VILLAGE OF CHHATARPUR DISTRICT, MADHYA PRADESH —



WE'VE BEEN GETTING BARELY ANY RAIN FOR THE PAST TWO YEARS. EVERY DAY, WE SPEND HALF OUR TIME WALKING FAR TO FETCH WATER.

MY CHILDREN CAN NO LONGER GO TO SCHOOL BECAUSE I NEED HELP CARRYING THE WATER. IT CAN'T GO ON LIKE THIS.

19-YEAR-OLD BABITA RAJPUT WAS DEEPLY DISTURBED.



WE HAVE A 90-ACRE LAKE, BUT IT IS DRY DUE TO LACK OF RAINS. THE WOMEN STRUGGLE TO GET WATER FOR THEIR BASIC NEEDS. THE VILLAGE ELDERS AREN'T TAKING ANY ACTION EITHER.

ONE DAY, ALL THE WOMEN OF THE VILLAGE GOT TOGETHER TO DISCUSS THE PROBLEM.

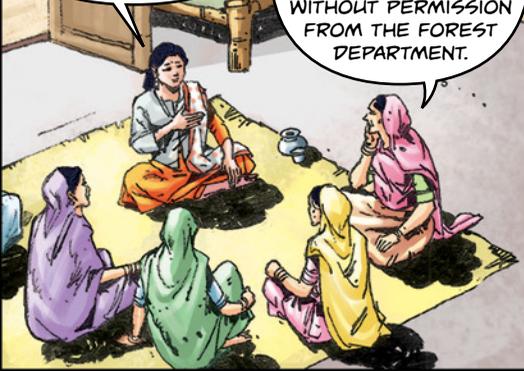
WE NEED TO FIND A WAY TO REPLENISH THE LAKE. WHY NOT USE WATER FROM THE NEARBY CANAL?

THE CANAL IS ON THE OTHER SIDE OF THE HILL, BABITA. WE WILL HAVE TO DIG THROUGH IT TO BRING IT HERE.



IT WOULD INDEED BE A TOUGH TASK. BUT ISN'T IT BETTER THAN SPENDING HOURS EVERY DAY WALKING UP AND DOWN?

THE HILL BELONGS TO THE GOVERNMENT. EVEN IF WE AGREE TO DIG A PATH, WE CANNOT DO SO WITHOUT PERMISSION FROM THE FOREST DEPARTMENT.



THE WOMEN, LED BY BABITA, DECIDED TO GET THE NECESSARY PERMISSIONS TO BUILD A TRENCH THAT WOULD ALLOW WATER FROM THE CANAL TO REACH THE LAKE.



HOWEVER, DEALING WITH THE AUTHORITIES WAS HARDER THAN THE WOMEN IMAGINED.

LUCKILY, MEMBERS FROM THE PARMARTH SAMAJ SEVI SANSTHA, AN NGO, VISITED THE VILLAGE.

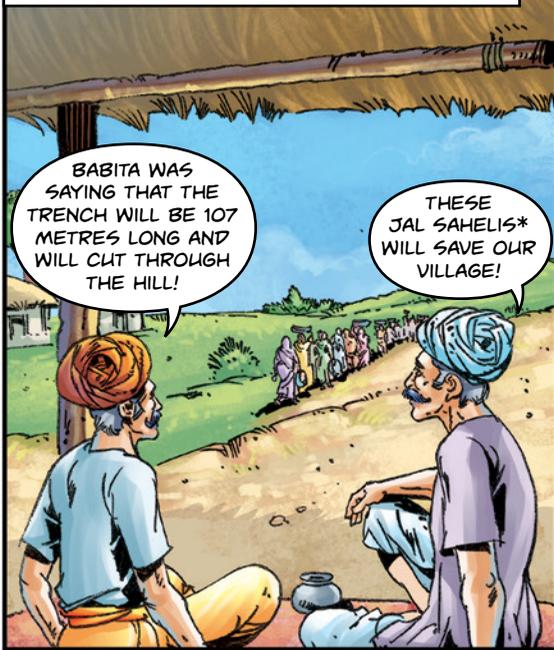
MA'AM, THE WOMEN ARE READY TO DIG THROUGH A HILL. BUT THE VILLAGE ELDERS AND FOREST AUTHORITIES ARE PROVING TO BE A PROBLEM.

YOU WOMEN HAVE SHOWN GREAT WILLPOWER. WE WILL HELP YOU SORT THE PAPERWORK AND GET THE PERMISSIONS.





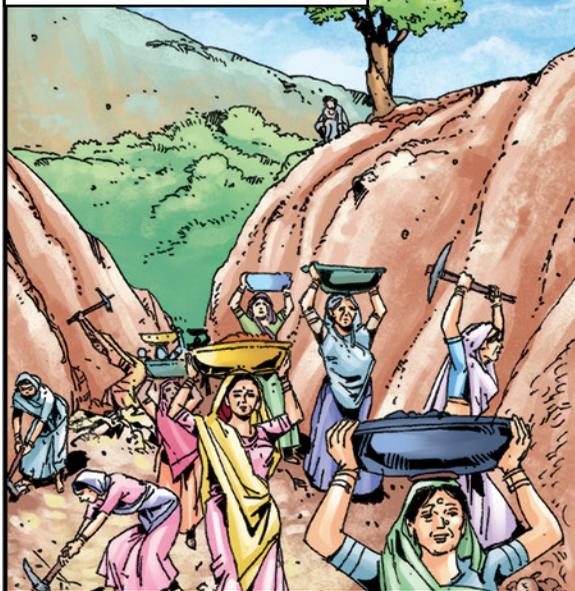
WITH THE HELP OF THE NGO, THE WOMEN SOON BEGAN WORKING ON DIGGING THE TRENCH.



BABITA WAS SAYING THAT THE TRENCH WILL BE 107 METRES LONG AND WILL CUT THROUGH THE HILL!

THESE JAL SAHELIS* WILL SAVE OUR VILLAGE!

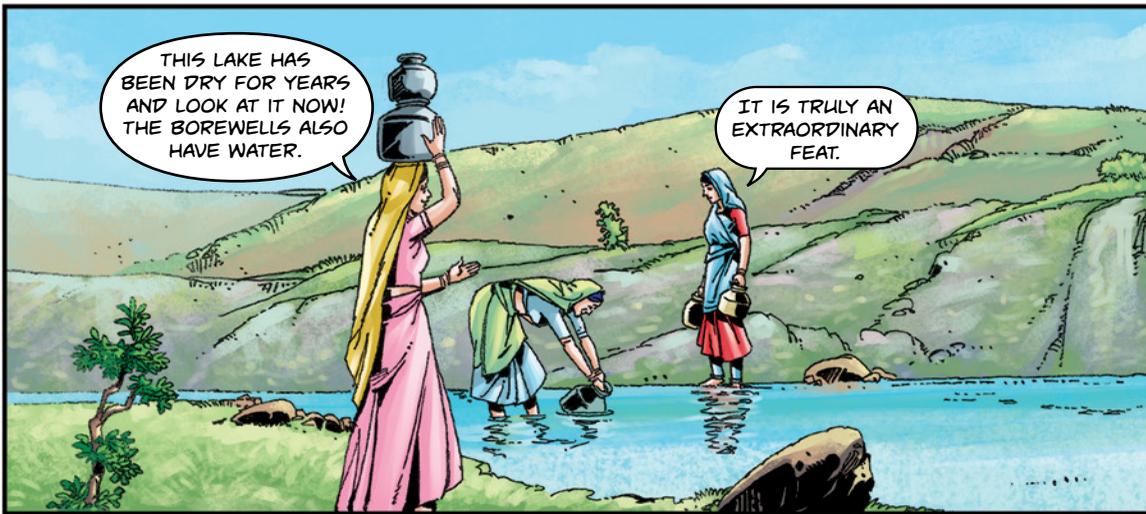
OVER 200 JAL SAHELIS WORKED TIRELESSLY FOR 18 MONTHS.



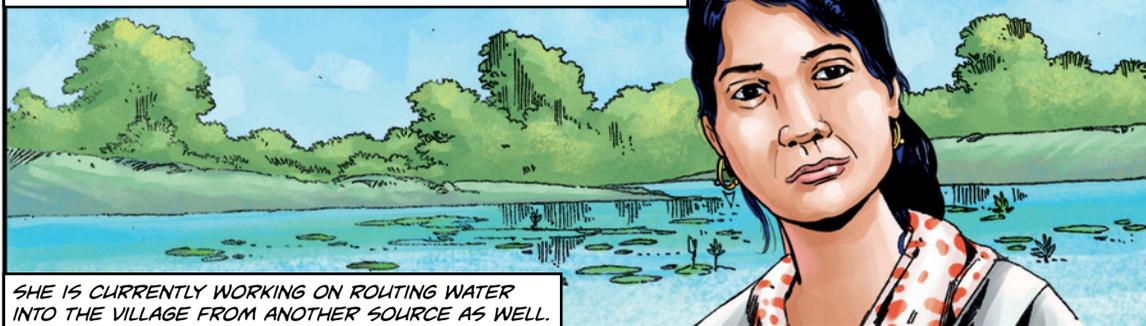
FINALLY, THE TRENCH WAS READY, CUTTING THROUGH THE TALL HILL AND BRINGING WATER TO THE VILLAGE.

THIS LAKE HAS BEEN DRY FOR YEARS AND LOOK AT IT NOW! THE BOREWELLS ALSO HAVE WATER.

IT IS TRULY AN EXTRAORDINARY FEAT.



AFTER PM MODI APPRECIATED BABITA'S EFFORTS, HER RESOLVE TO WORK TOWARDS WATER CONSERVATION STRENGTHENED.



SHE IS CURRENTLY WORKING ON ROUTING WATER INTO THE VILLAGE FROM ANOTHER SOURCE AS WELL.

*FRIENDS OF WATER, THE NAME OF THE GROUP OF VILLAGE WOMEN WORKING ON THE PROJECT

SHARMILA OSWAL

IT WAS RECESS, AND THE STUDENTS WERE ENJOYING THEIR SNACKS.

WHAT'S THIS?

IT'S RAGI MUDDU*. IT'S A POPULAR DISH FROM MY HOME STATE, KARNATAKA.

HEY, I BROUGHT BAJRA ROTI**, WHICH IS A TRADITIONAL DISH FROM MY HOMETOWN.



LOOKS LIKE TODAY IS TRADITIONAL FOOD DAY, HA HA!

LET'S TELL NAIR SIR ABOUT THIS. HE MAY HAVE AN INTERESTING STORY ABOUT TRADITIONAL FOODS.



AND HE SURE DID.

MOST INDIAN TRADITIONAL FOOD INVOLVES THE USE OF MILLETS LIKE RAGI, JOWAR** AND BAJRA AS THESE ARE HEALTHY FOODS. TODAY, I WILL TELL YOU A STORY ABOUT A WOMAN NAMED SHARMILA OSWAL WHO REVIVED MILLET FARMING IN OUR COUNTRY IN A LARGE WAY, THUS BENEFITTING FARMERS AND US.

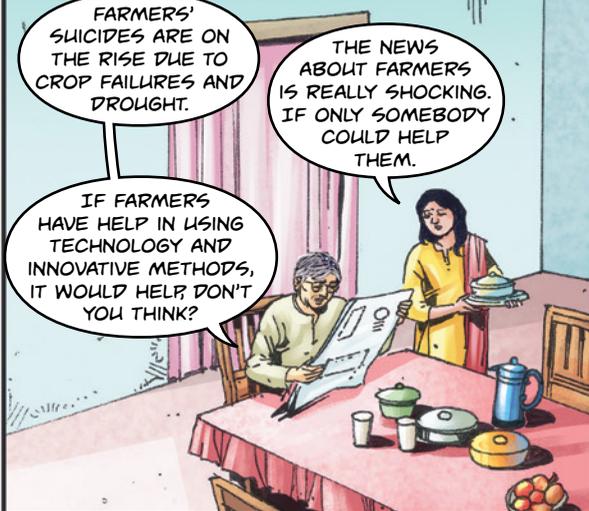


SHARMILA OSWAL WAS BORN IN POYNAD**A. HER JOURNEY TO BECOME THE MILLET WOMAN OF INDIA STARTED AFTER HER MARRIAGE AT THE AGE OF 21. DURING A VISIT HOME IN 1995 —

FARMERS' SUICIDES ARE ON THE RISE DUE TO CROP FAILURES AND DROUGHT.

THE NEWS ABOUT FARMERS IS REALLY SHOCKING. IF ONLY SOMEBODY COULD HELP THEM.

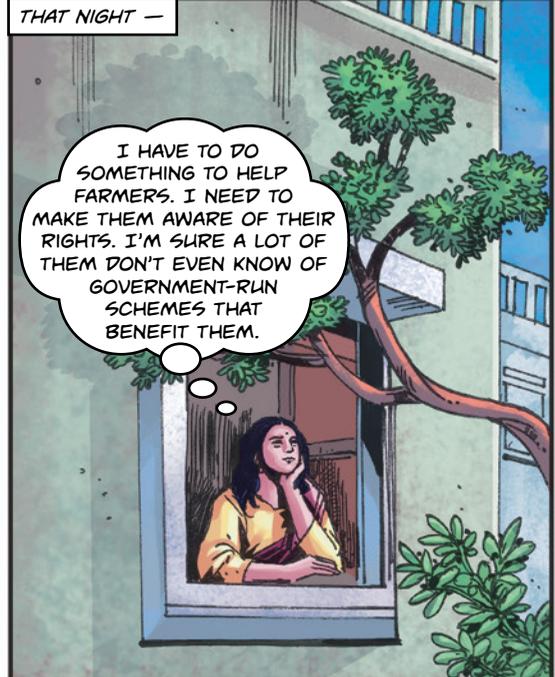
IF FARMERS HAVE HELP IN USING TECHNOLOGY AND INNOVATIVE METHODS, IT WOULD HELP, DON'T YOU THINK?



SHARMILA'S FATHER WANTED HER TO EXPLORE BEYOND JUST HOMEMAKING. HIS WORDS STAYED WITH HER.

THAT NIGHT —

I HAVE TO DO SOMETHING TO HELP FARMERS. I NEED TO MAKE THEM AWARE OF THEIR RIGHTS. I'M SURE A LOT OF THEM DON'T EVEN KNOW OF GOVERNMENT-RUN SCHEMES THAT BENEFIT THEM.

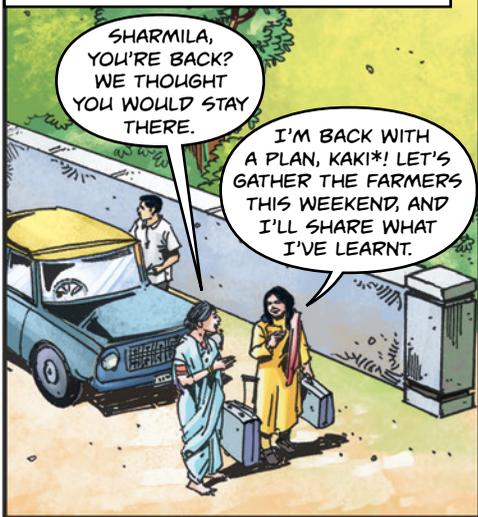


*FINGER MILLET BALLS
**PEARL MILLET FLATBREAD

**SORGHUM
**A VILLAGE IN THE KONKAN REGION OF MAHARASHTRA



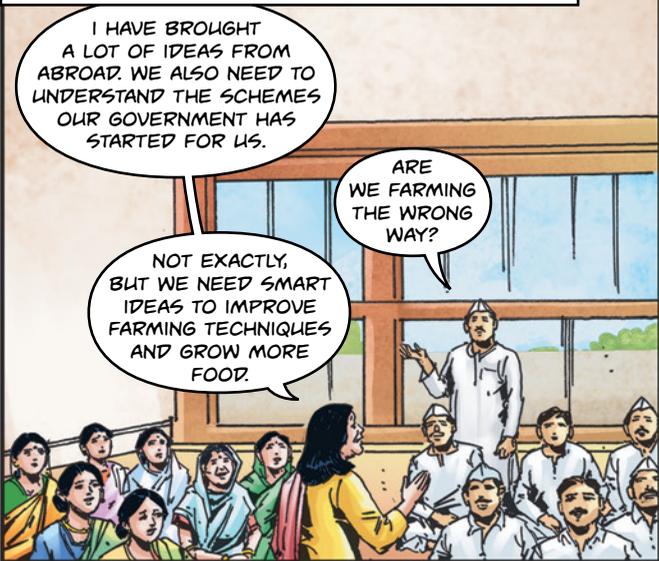
SHARMILA WAS GRANTED A SCHOLARSHIP TO STUDY ENVIRONMENTAL LAW IN THE UNITED KINGDOM AND SHE SOON CAME BACK WITH A DEGREE UNDER HER BELT.



SHARMILA, YOU'RE BACK? WE THOUGHT YOU WOULD STAY THERE.

I'M BACK WITH A PLAN, KAKI*! LET'S GATHER THE FARMERS THIS WEEKEND, AND I'LL SHARE WHAT I'VE LEARNT.

SHARMILA BROUGHT TOGETHER A DIVERSE GROUP OF FARMERS, BOTH MEN AND WOMEN, FOR A MEETING.



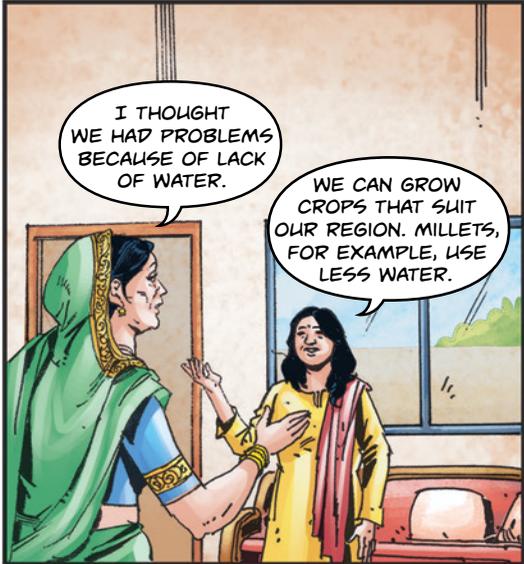
I HAVE BROUGHT A LOT OF IDEAS FROM ABROAD. WE ALSO NEED TO UNDERSTAND THE SCHEMES OUR GOVERNMENT HAS STARTED FOR US.

ARE WE FARMING THE WRONG WAY?

NOT EXACTLY, BUT WE NEED SMART IDEAS TO IMPROVE FARMING TECHNIQUES AND GROW MORE FOOD.

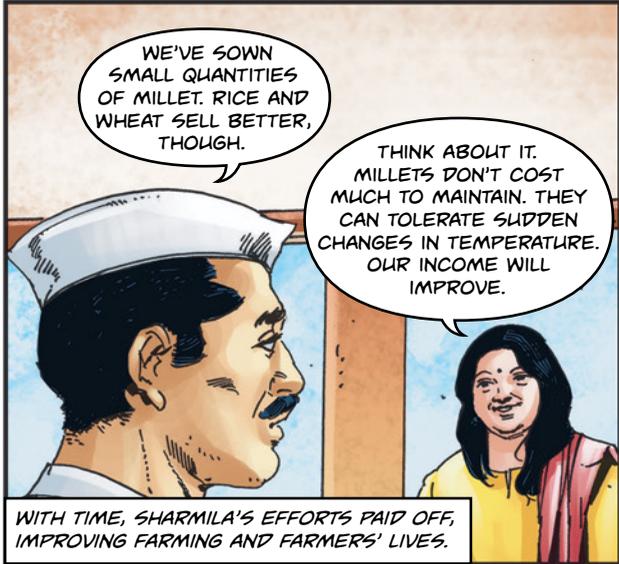
I THOUGHT WE HAD PROBLEMS BECAUSE OF LACK OF WATER.

WE CAN GROW CROPS THAT SUIT OUR REGION. MILLETS, FOR EXAMPLE, USE LESS WATER.



WE'VE SOWN SMALL QUANTITIES OF MILLET. RICE AND WHEAT SELL BETTER, THOUGH.

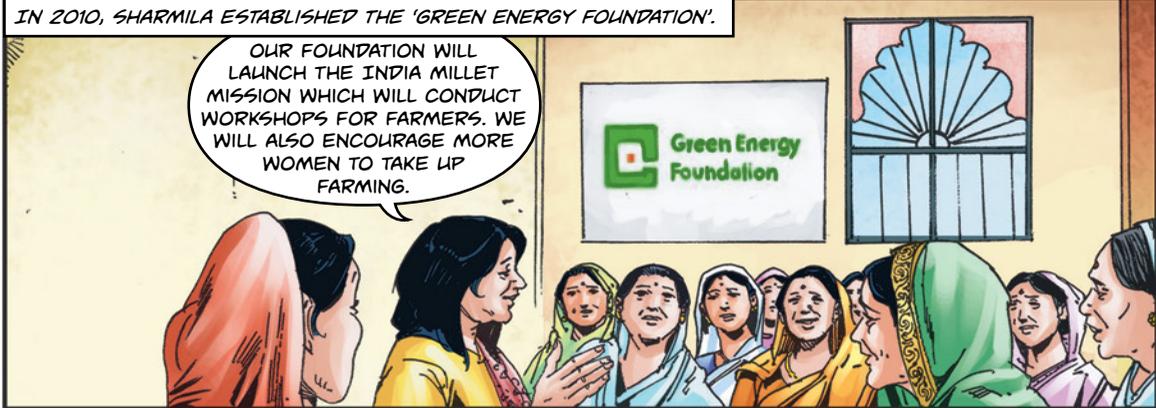
THINK ABOUT IT. MILLETS DON'T COST MUCH TO MAINTAIN. THEY CAN TOLERATE SUDDEN CHANGES IN TEMPERATURE. OUR INCOME WILL IMPROVE.



WITH TIME, SHARMILA'S EFFORTS PAID OFF, IMPROVING FARMING AND FARMERS' LIVES.

IN 2010, SHARMILA ESTABLISHED THE 'GREEN ENERGY FOUNDATION'.

OUR FOUNDATION WILL LAUNCH THE INDIA MILLET MISSION WHICH WILL CONDUCT WORKSHOPS FOR FARMERS. WE WILL ALSO ENCOURAGE MORE WOMEN TO TAKE UP FARMING.



*AUNT, ALSO USED TO RESPECTFULLY ADDRESS AN ELDERLY WOMAN

IN THE FOLLOWING YEARS, SHARMILA'S COMMITMENT BROUGHT TOGETHER MILLET SCIENTISTS, FARMERS, AND ENTHUSIASTS TO ESTABLISH THE MILLET ASSOCIATION OF INDIA.

MILLET CULTIVATION IS MAKING US SELF-SUFFICIENT BY BOOSTING OUR INCOME.

SCIENTISTS AND FARMERS WORKING TOGETHER IS A MUST FOR THE REVIVAL OF THE MILLET.

THANK YOU ALL FOR YOUR SUPPORT. TOGETHER, WE SHALL TAKE THIS INITIATIVE EVEN FURTHER.

MILLET ASSOCIATION OF INDIA



SHARMILA'S EFFORTS EARNED HER RECOGNITION AS THE 'MILLET WOMAN OF INDIA'.

SHARMILA RECEIVED INVITATIONS FROM MULTIPLE COLLEGES TO EDUCATE STUDENTS ABOUT MILLETS.

MA'AM, YOUR NEW METHODS ARE GREAT BUT A LOT OF PEOPLE REGARD MILLET AS CATTLE FOOD.

TRUE. NOT JUST HERE BUT IN OTHER COUNTRIES TOO. WE HAVE TO INFORM PEOPLE ABOUT THE POTENTIAL OF THIS MAGICAL GRAIN.



IN THE CITY THERE ARE RISING HEALTH PROBLEMS LIKE DIABETES, HEART ISSUES, AND OBESITY DUE TO AN UNHEALTHY DIET.

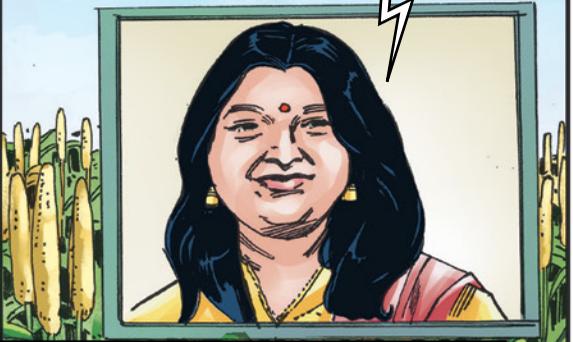
WE EAT ONLY MILLETS AND HAVEN'T FACED ANY HEALTH ISSUES.



SHARMILA ATTENDED HARVARD UNIVERSITY* AT THE AGE OF 45. SHE SPECIALISED IN WATER DIPLOMACY*, MAKING HER THE FIRST INDIAN WOMAN TO BECOME A WATER DIPLOMAT.

WHEN THE COVID-19 PANDEMIC HIT, SHARMILA WORKED EVEN HARDER TO CONVINCING PEOPLE TO EAT MILLETS. IN AN INTERVIEW –

MILLETS BOOST OUR STRENGTH, PREPARE US FOR CHALLENGES LIKE COVID-19, AND MAINTAIN OUR HEALTH. MILLETS ARE NOT ONLY FOR THE UNWELL, THEY ARE FOR EVERYONE. THEY ALSO SUPPORT OUR FARMERS AND THE PLANET.



SHARMILA OSWAL'S WORK GOT RECOGNITION ON PM MODI'S RADIO PROGRAMME, MANN KI BAAT. HER EFFORTS, AND THOSE OF OTHERS, LED TO THE UNITED NATIONS DECLARING 2023 AS THE INTERNATIONAL YEAR OF MILLETS.

*A PRESTIGIOUS UNIVERSITY IN THE UNITED STATES

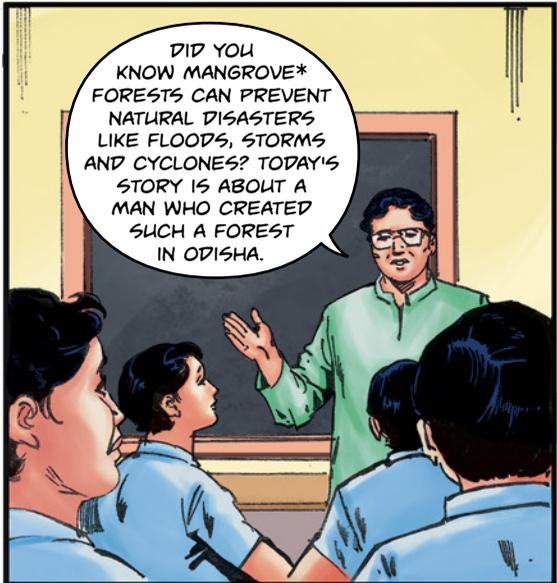
*SHARING WATER FAIRLY

BIJAY KUMAR KABI



IT'S BEEN RAINING FOR THREE DAYS. I HOPE IT DOESN'T FLOOD IN MY AREA.

FLOODS HAVE BECOME SO COMMON BUT WHAT CAN WE DO?



DID YOU KNOW MANGROVE* FORESTS CAN PREVENT NATURAL DISASTERS LIKE FLOODS, STORMS AND CYCLONES? TODAY'S STORY IS ABOUT A MAN WHO CREATED SUCH A FOREST IN ODISHA.

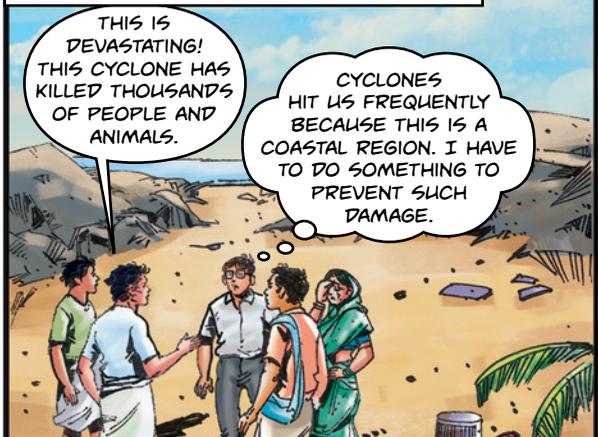
IN APRIL 2019, CYCLONE FANI, AN EXTREMELY SEVERE STORM, WREAKED HAVOC IN ODISHA.

THE ESTIMATED DAMAGE IS RS 24,176 CRORE AND 72 LIVES HAVE BEEN LOST.



HOWEVER, BADAKOT IN NORTH ODISHA SUSTAINED LITTLE DAMAGE BECAUSE OF THE EFFORTS OF ONE MAN — BIJAY KUMAR KABI.

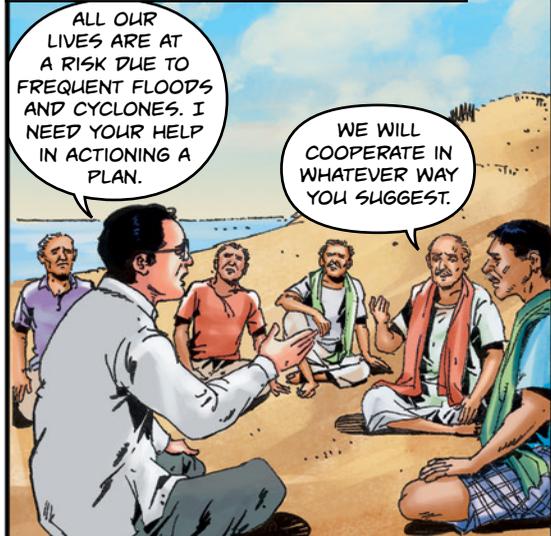
TWENTY YEARS EARLIER, IN 1999, BIJAY, A RESIDENT OF BADAKOT, HAD LOST HIS HOME DURING THE SUPER CYCLONE* PARADIP!



THIS IS DEVASTATING! THIS CYCLONE HAS KILLED THOUSANDS OF PEOPLE AND ANIMALS.

CYCLONES HIT US FREQUENTLY BECAUSE THIS IS A COASTAL REGION. I HAVE TO DO SOMETHING TO PREVENT SUCH DAMAGE.

IN 2006, HE APPROACHED THE ELDERS OF BADAKOT WITH A PROPOSED SOLUTION.



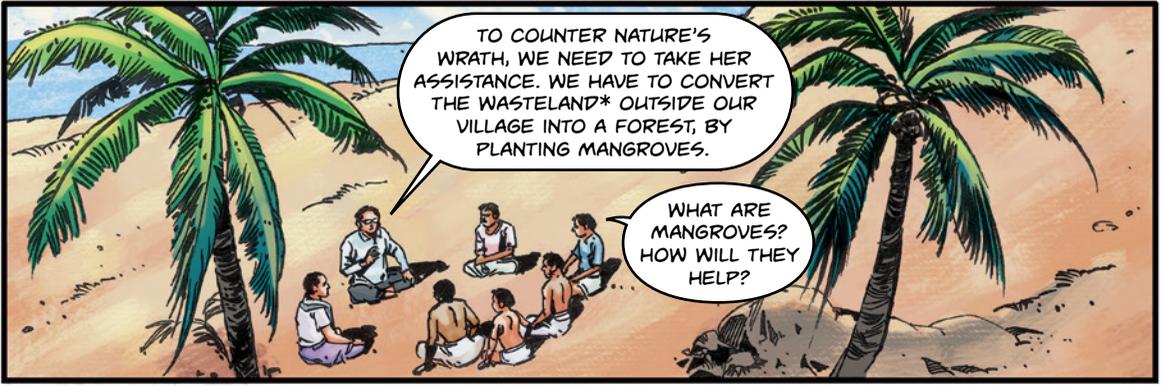
ALL OUR LIVES ARE AT A RISK DUE TO FREQUENT FLOODS AND CYCLONES. I NEED YOUR HELP IN ACTIONING A PLAN.

WE WILL COOPERATE IN WHATEVER WAY YOU SUGGEST.

BIJAY SOON STARTED VISITING OTHER VILLAGES TO UNDERSTAND THE EXTENT OF DESTRUCTION AND FIND A SOLUTION.

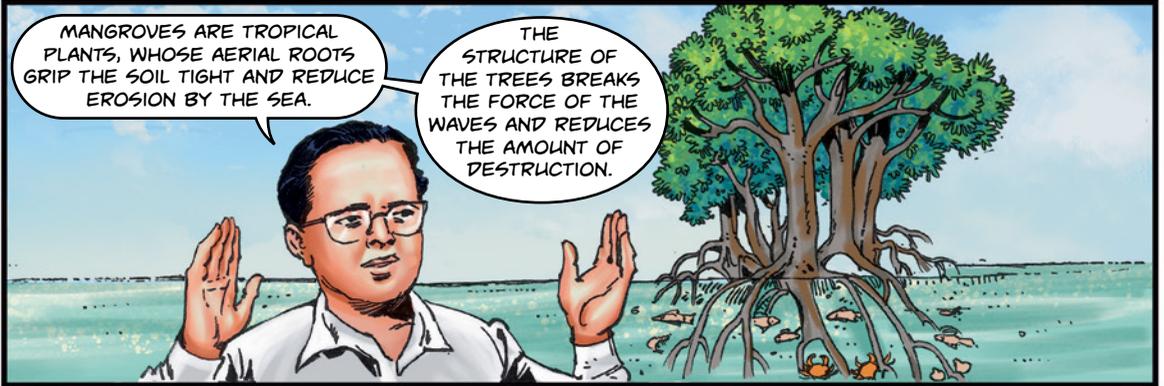
*A GROUP OF SHRUBS AND TREES THAT GROW ALONG COASTAL AREAS, IN SALTY WATER

*A MASSIVE CYCLONE WITH WIND SPEEDS OF MORE THAN 250 KMPH



TO COUNTER NATURE'S WRATH, WE NEED TO TAKE HER ASSISTANCE. WE HAVE TO CONVERT THE WASTELAND* OUTSIDE OUR VILLAGE INTO A FOREST, BY PLANTING MANGROVES.

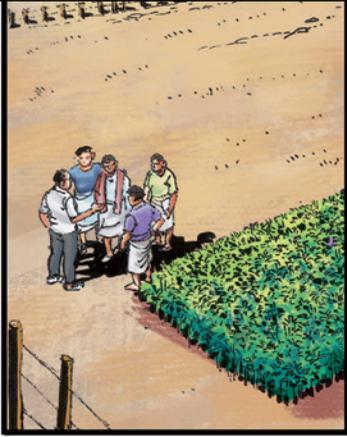
WHAT ARE MANGROVES? HOW WILL THEY HELP?



MANGROVES ARE TROPICAL PLANTS, WHOSE AERIAL ROOTS GRIP THE SOIL TIGHT AND REDUCE EROSION BY THE SEA.

THE STRUCTURE OF THE TREES BREAKS THE FORCE OF THE WAVES AND REDUCES THE AMOUNT OF DESTRUCTION.

BEFORE PLANTING MANGROVES, THE VILLAGERS LEARNT WHAT MANGROVE SPECIES HAD BEEN GROWN EARLIER IN THE AREA.

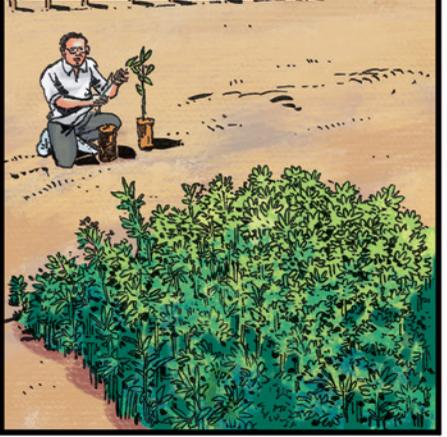


NEXT, SEEDLINGS WERE SOURCED FROM THE FOREST DEPARTMENT AND THE NEIGHBOURING BHITARKANIKA NATIONAL PARK...



...AND PLANTED IN THE NURSERIES WITH THE HELP OF THE GERMAN AGENCY FOR INTERNATIONAL COOPERATION (GIZ)*.

FINALLY, DEMO NURSERIES WERE CREATED ON SMALL PLOTS OF LAND, TO TEST HOW WELL THE SPECIES SURVIVED.



BIJAY ALSO ORGANISED TRAINING CAMPS FOR THE VILLAGERS ON MANGROVES AND THEIR MANAGEMENT.



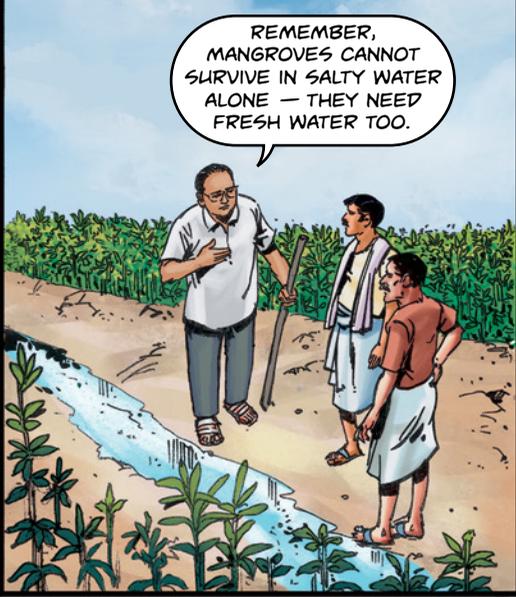
THIS IS HOW YOU IDENTIFY IF A PLANT IS WEAK AND NEEDS TO BE REPLACED.

THE VILLAGERS ALSO LEARNT TO AVERT PEST ATTACKS.

*AN EMPTY, UNUSED LAND WITH NO VEGETATION
 ^AN ORGANISATION THAT SUPPORTS ENVIRONMENTAL CONSERVATION IN INDIA

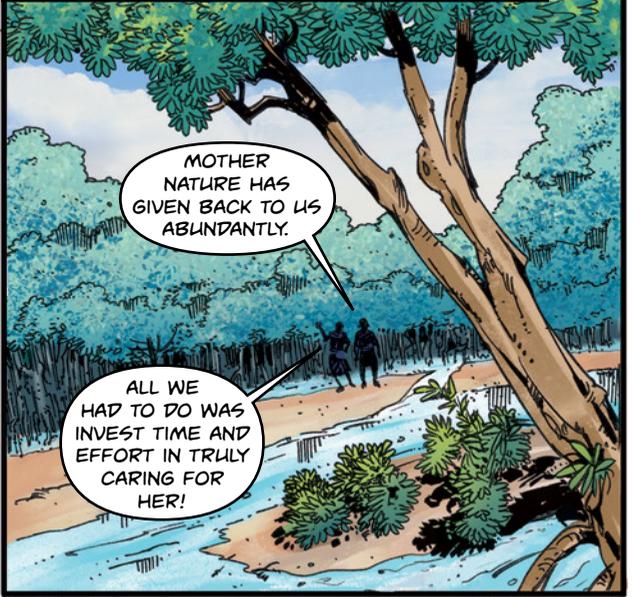


THE VILLAGERS SIMULTANEOUSLY CREATED TIDAL CHANNELS* THAT HAD A MIX OF FRESH WATER AND SEA WATER.



REMEMBER, MANGROVES CANNOT SURVIVE IN SALTY WATER ALONE — THEY NEED FRESH WATER TOO.

SINCE 2006, THE RESIDENTS OF BADAKOT HAVE SUCCESSFULLY CULTIVATED A 25-ACRE MANGROVE FOREST UNDER BIJAY'S EXPERT GUIDANCE.



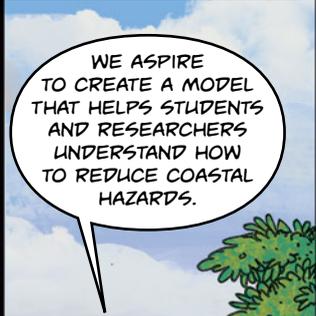
MOTHER NATURE HAS GIVEN BACK TO US ABUNDANTLY.

ALL WE HAD TO DO WAS INVEST TIME AND EFFORT IN TRULY CARING FOR HER!

THE COMMUNITY-MADE FOREST HAS 27 SPECIES OF MANGROVES, INCLUDING BRUGUIERA, SONNERATIA AND KANDELIA, AMONG OTHERS.



BIJAY KEEPS RESEARCHING AND ADDING MORE VARIETIES OF SPECIES TO THE MANGROVES.

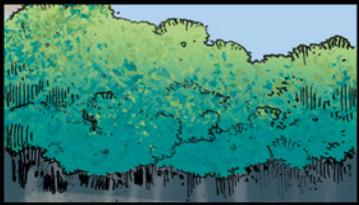


WE ASPIRE TO CREATE A MODEL THAT HELPS STUDENTS AND RESEARCHERS UNDERSTAND HOW TO REDUCE COASTAL HAZARDS.

THE RESIDENTS OF BADAKOT OWE THEIR SAFETY TO BIJAY'S RELENTLESS EFFORTS.



THE MANGROVES CONTINUE TO STAND GUARD, AND PROTECT THE VILLAGE FROM FLOODS AND CYCLONES.

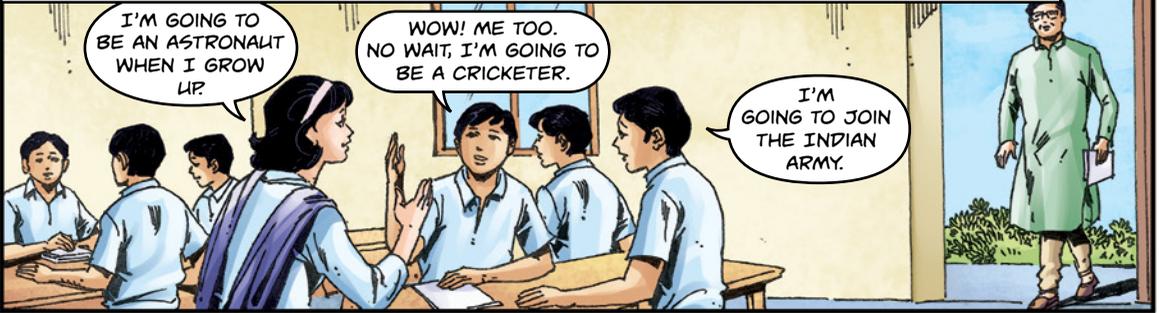


THE PROGRESS OF EACH SPECIES IS MONITORED AND DOCUMENTED EVERY DAY.

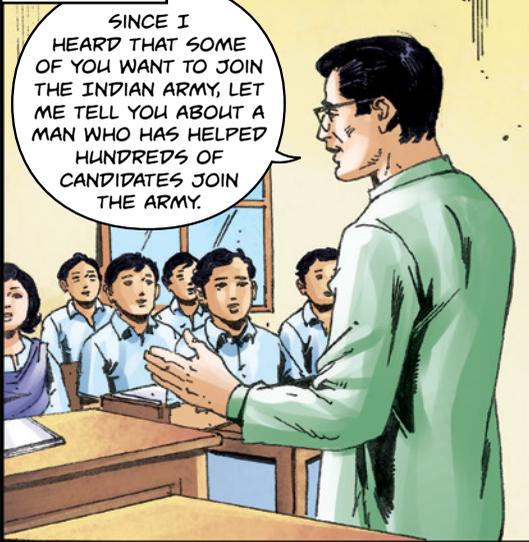
*SMALL WATER INLETS RUNNING ALONGSIDE THE PLANTATION

SILU NAYAK

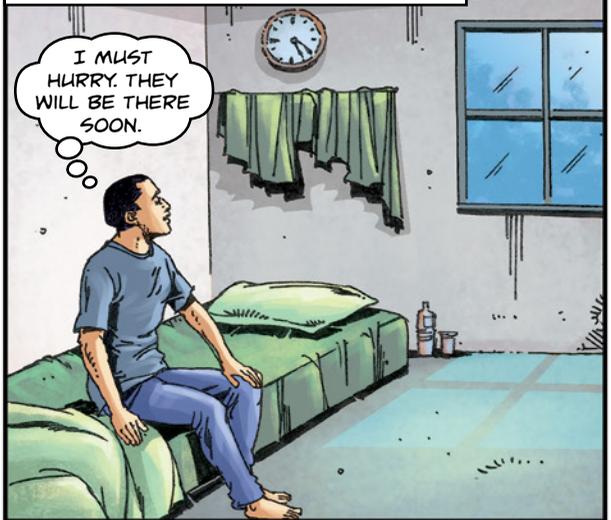
THE STUDENTS HAD A FREE PERIOD AND SOME OF THEM HAD STARTED AN INTERESTING DISCUSSION.



JUST THEN —



EVERY MORNING, IN ARAKHAKUDA VILLAGE*, A MAN WAKES UP BEFORE SUNRISE.



HE REACHES THE TRAINING GROUNDS AND WAITS FOR HIS STUDENTS TO LINE UP THESE ARE YOUNGSTERS ASPIRING TO JOIN THE INDIAN ARMED FORCES*.



*IN ODISHA

*ARMY, AIRFORCE AND NAVY

AS THE SUN RISES, THE MAN GLIDES THEM THROUGH PHYSICAL EXERCISES FOR TWO HOURS.

IT'S TOO HARD! I WANT TO QUIT.

GIVE IT TWENTY DAYS. IF YOU STILL WANT TO QUIT, I'LL GLADLY ACCEPT IT.

MOST OF THEM ARE USED TO THE TRAINING BY THEN. I'M SURE HE'LL ALSO STAY.



IN THE EVENING, HE COACHES THEM FOR ANOTHER HOUR ON THE INTERVIEW AND WRITTEN PORTIONS OF THE EXAM.

YOUR GRADES IN OTHER SUBJECTS ARE GOOD, BUT NOT IN MATHS. LET'S FOCUS ON THAT.



THIS MAN IS SILU NAYAK.

SEE YOU ALL TOMORROW.

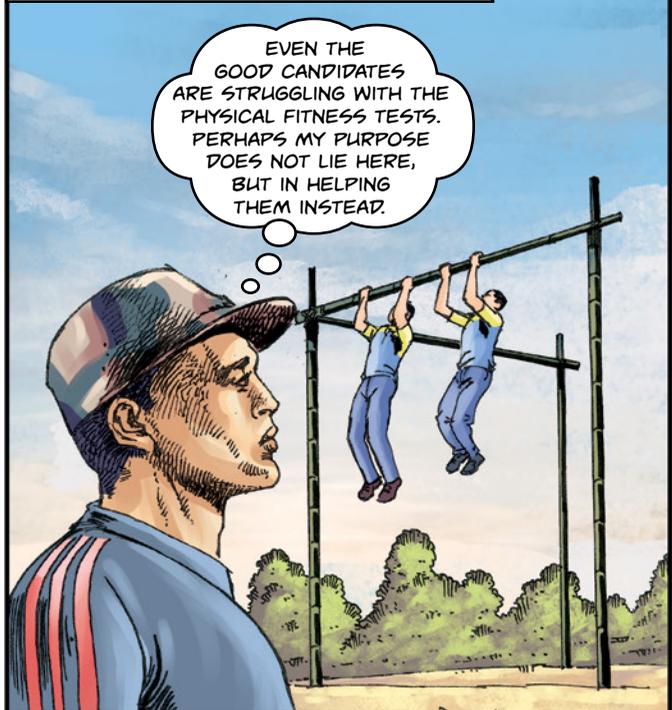
YES, NAYAK SIR!



SILU HAD ONCE APPLIED TO JOIN THE ARMED FORCES HIMSELF AND WAS OFFERED A POSITION IN THE OISF*.

HE WAS POSTED IN ROURKELA¹. DURING THE TRAINING, HE NOTICED A TROUBLING PATTERN.

EVEN THE GOOD CANDIDATES ARE STRUGGLING WITH THE PHYSICAL FITNESS TESTS. PERHAPS MY PURPOSE DOES NOT LIE HERE, BUT IN HELPING THEM INSTEAD.



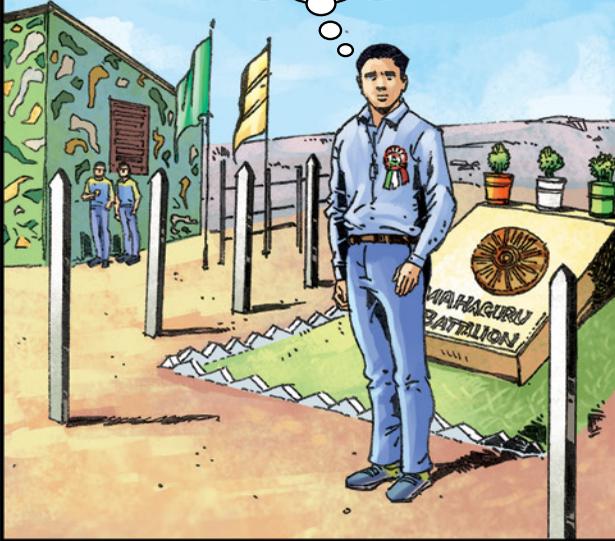
SILU LEFT THE TRAINING MIDWAY AND RETURNED HOME TO HIS VILLAGE.

*ODISHA INDUSTRIAL SECURITY FORCES

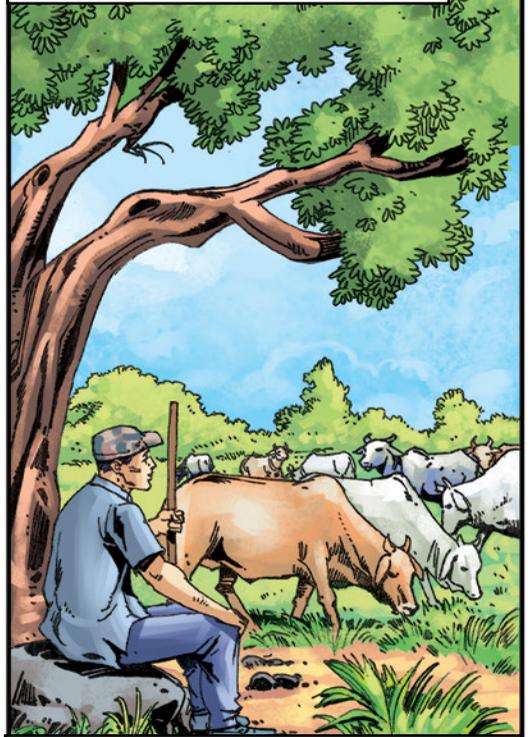
¹A CITY IN ODISHA

IN 2016, HE SET UP A TRAINING CENTRE CALLED MAHAGURU BATTALION TO TRAIN CANDIDATES FOR THE ARMY.

THIS CENTRE WILL BE FREE OF COST. YOUNGSTERS FROM POOR FAMILIES SHOULD ALSO GET THE CHANCE TO MAKE THEIR NATION PROUD.



TODAY, BETWEEN HIS TRAINING SESSIONS, SILU SPENDS THE DAY GRAZING CATTLE...



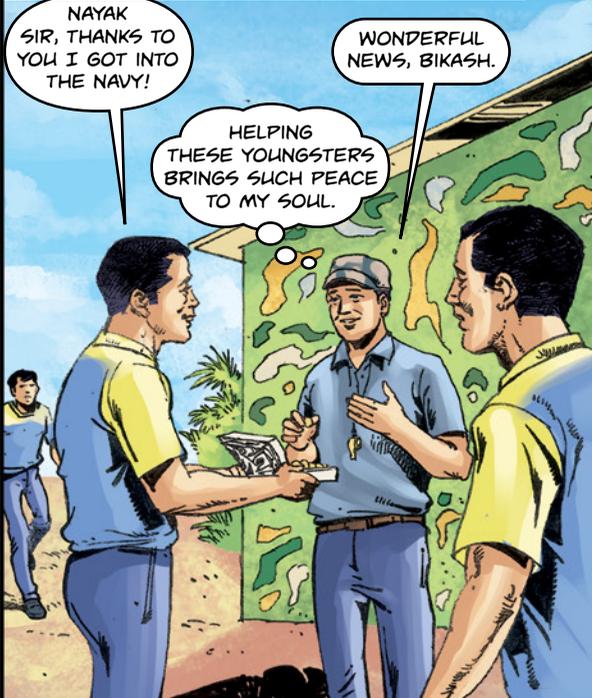
...AND WORKING AS A DRIVER TO PAY THE BILLS.

SO FAR, HE HAS TRAINED OVER 300 APPLICANTS. SEVENTY OF THEM HAVE MADE IT INTO VARIOUS BRANCHES OF THE SECURITY FORCES*.

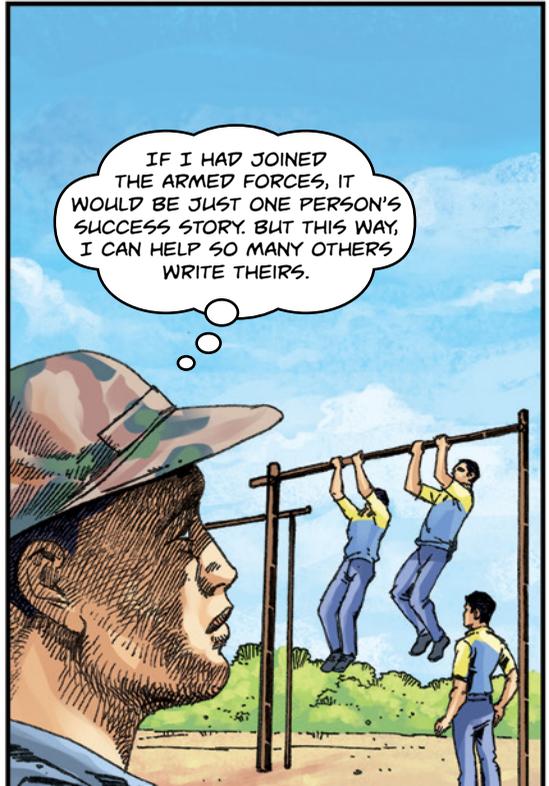
NAYAK SIR, THANKS TO YOU I GOT INTO THE NAVY!

WONDERFUL NEWS, BIKASH.

HELPING THESE YOUNGSTERS BRINGS SUCH PEACE TO MY SOUL.



IF I HAD JOINED THE ARMED FORCES, IT WOULD BE JUST ONE PERSON'S SUCCESS STORY. BUT THIS WAY, I CAN HELP SO MANY OTHERS WRITE THEIRS.



*INCLUDES PARAMILITARY FORCES, BORDER SECURITY, AND SO ON, IN ADDITION TO THE ARMED FORCES

ST TERESA'S COLLEGE

IT WAS CRAFT CLASS AT SCHOOL.



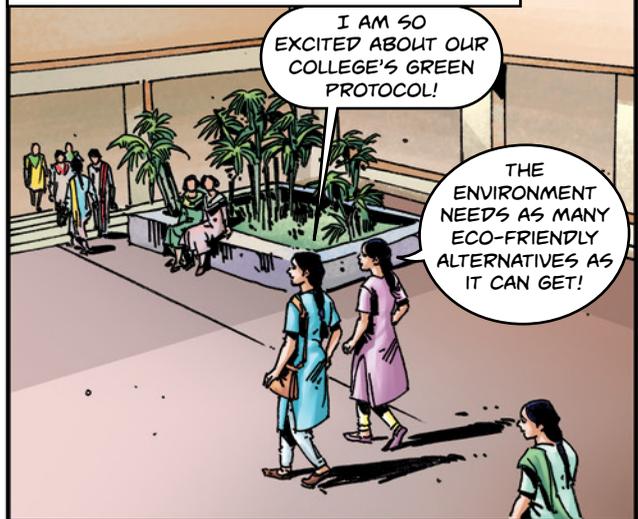
LOOK AT THIS FLOWER I MADE USING LEFTOVER PISTA SHELLS. ISN'T IT PRETTY?

AND I MADE THIS PEN STAND USING ICE-CREAM STICKS.

GREAT! SO MUCH CREATIVITY. TODAY, I WILL TELL YOU THE STORY OF HOW SOME COLLEGE STUDENTS IN KERALA MADE REUSABLE TOYS USING DISCARDED MATERIALS. MAYBE YOU CAN TRY THAT IN YOUR NEXT CRAFT CLASS.



THE SOCIETY OF TERESIANS FOR ENVIRONMENT PROTECTION (S.T.E.P)* OF ST TERESA'S COLLEGE, KOCHI, WAS ABUZZ WITH ENERGY.



I AM SO EXCITED ABOUT OUR COLLEGE'S GREEN PROTOCOL!

THE ENVIRONMENT NEEDS AS MANY ECO-FRIENDLY ALTERNATIVES AS IT CAN GET!

THE GREEN PROTOCOL WAS A GREEN INITIATIVE WITH A MISSION TO MAKE THE COLLEGE, AND THE WORLD OUTSIDE, MORE ECO-FRIENDLY.

TO THIS END, S.T.E.P. BEGAN TO PRODUCE ARTISTIC, FUNCTIONAL CLOTH BAGS AND STARTED PROMOTING THEIR USAGE IN THE COLLEGE AND ON SOCIAL MEDIA.

GREEN PROTOCOL
ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

The implementation of Green Protocol in St. Teresa's College is an initiative to fulfil our institution's mission to promote programmes that foster eco-justice. The following Green Protocol is proposed to be employed in the college.

1. Foster a culture of responsible dining by avoiding food wastage.	17. Treat bio-degradable waste at source.
2. Encourage the use of stainless steel utensils to carry food.	18. Clean, segregate and hand over plastic and paper to scrap-dealers. Avoid burning them.
3. Encourage students to use bags, pencil boxes, purses made of cloth to reduce re-use waste which is generally non-recyclable.	19. Store electrical and electronic waste and hand it over for recycling.
4. Promote recycling/re-use of textile waste.	20. Post reminders to students and teachers in every room including bathroom, hallway, and lunchroom, to turn off lights, unplug energy-consuming devices when not in use and save water in everyday use.
5. Encourage students to serve as brand ambassadors of eco-friendly alternatives to plastic carry bags provided by the Bhoomi/gyana club.	21. Constitute Green Protocol teams to conduct awareness sessions for class leaders, students and staff.
6. Promote the use of ink pens to prevent accumulation of plastic waste.	22. Encourage students to use and promote energy-efficient LED bulbs.
7. Avoid plastic covering and re-use-binding on project reports and records.	23. Promote recycling/water within the campus.
8. Avoid the use of non-biodegradable materials like thermocol.	24. Set up solar panels within the college to meet its energy needs.
9. Encourage the use of e-copies of programme material/notifications to be sent via email/whatsapp.	25. Promote a social entrepreneurship unit to



ONE SUCH RECOMMENDED MEASURE WAS CHOOSING CLOTH BAGS OVER PLASTIC ONES.

*A SOCIAL ENTREPRENEURSHIP CLUB

THEIR PROFESSOR, DR NIRMALA PADMANABHAN, WAS LEADING THE PROJECT. ONE DAY —



LADIES, YOU HAVE DONE A COMMENDABLE JOB WITH THE BAGS!

SOMETHING HAS BEEN BOTHERING ME, MA'AM.

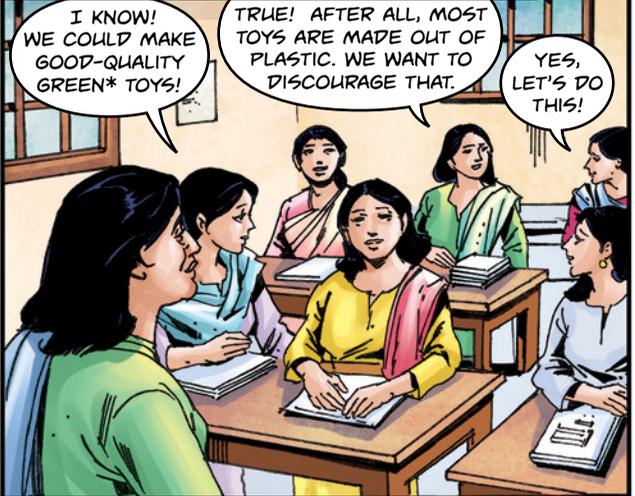


WHAT IS IT, POOJA?

A LOT OF CLOTH ENDS UP BEING WASTED. CAN WE DO SOMETHING ABOUT THAT?

DR PADMANABHAN DECIDED TO CONSULT ANOTHER FACULTY MEMBER, MS SUPRIYA NAIR.

MS NAIR, A PROFESSOR WITH THE DEPARTMENT OF FASHION DESIGN, ASKED HER STUDENTS TO BRAINSTORM POSSIBLE SOLUTIONS. FINALLY —



I KNOW! WE COULD MAKE GOOD-QUALITY GREEN* TOYS!

TRUE! AFTER ALL, MOST TOYS ARE MADE OUT OF PLASTIC. WE WANT TO DISCOURAGE THAT.

YES, LET'S DO THIS!

SO, THE STUDENTS BEGAN WORKING WITH DISCARDED MATERIALS LIKE CLOTH, WOOD AND BOXES...



...AND THE RESULTS OF PROJECT KALICHEPPLU*, AS IT WAS CALLED, WERE ASTOUNDING.



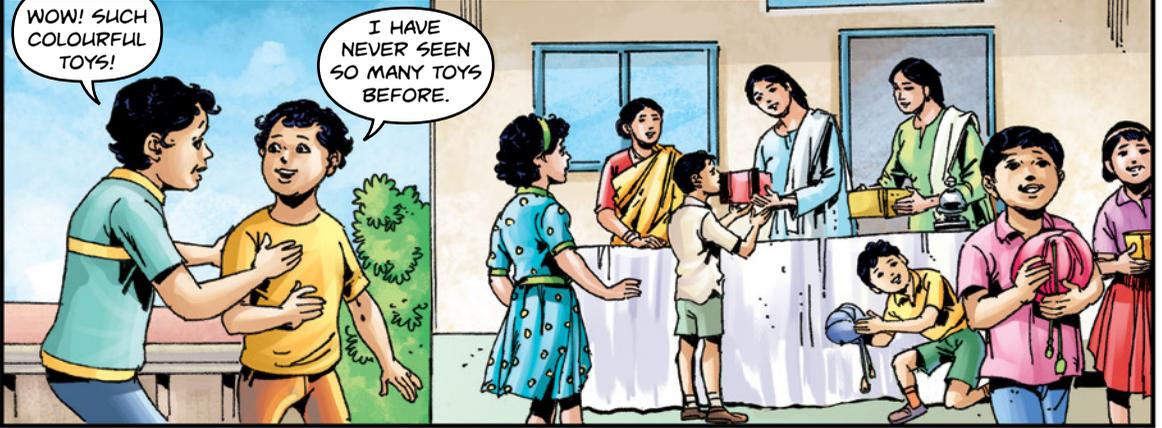
THE TOYS WERE CREATIVE, CHILD-SAFE AND EDUCATIONAL.

*ECO-FRIENDLY AND SUSTAINABLE

*BOX OF TOYS



THESE TOYS WERE THEN DONATED TO THE CHILDREN IN AN ANGANWADI*.



WOW! SUCH COLOURFUL TOYS!

I HAVE NEVER SEEN SO MANY TOYS BEFORE.

THE COLLEGE THEN TOOK THE PLAN TO THE NEXT LEVEL, BY COLLABORATING WITH KOCHI CORPORATION AND KUDUMBASHREE**.

THIS PARTNERSHIP WILL ALSO PROVIDE EMPLOYMENT OPPORTUNITIES TO WOMEN IN KUDUMBASHREE UNITS.

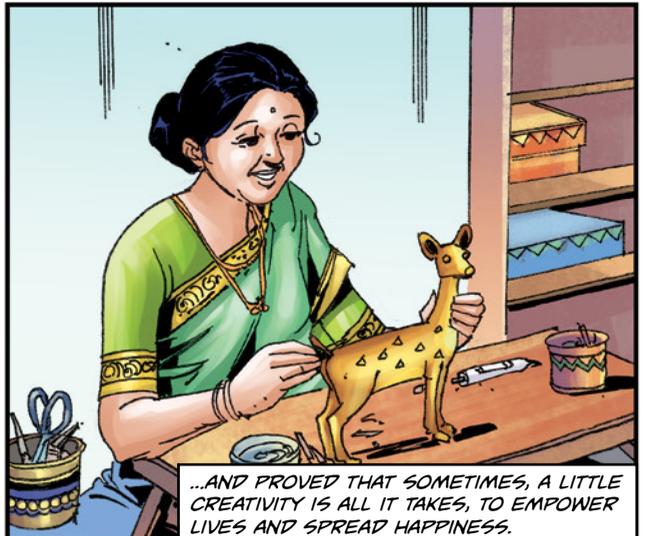
THAT'S EXCELLENT!



ST TERESA'S CONTINUES TO WORK WITH INTEGRATED CHILD DEVELOPMENT SERVICES** (ICDS) TO TRAIN ANGANWADI TEACHERS TO MAKE TOYS USING LEFTOVER MATERIAL.



PROJECT KALICHEPPLU ALSO FOUND MENTION IN PM MODI'S MANN KI BAAT...



...AND PROVED THAT SOMETIMES, A LITTLE CREATIVITY IS ALL IT TAKES, TO EMPOWER LIVES AND SPREAD HAPPINESS.

*A RURAL CHILDCARE CENTRE
**A PROGRAMME TO REMOVE POVERTY AND EMPOWER WOMEN

**A WELFARE PROGRAM FOR CHILDREN BELOW SIX YEARS AND THEIR MOTHERS

KAMALA MOHARANA

IT WAS RECESS AND ALL THE STUDENTS WERE BUSY PLAYING, EXCEPT FOR POOJA.

WHY ARE YOU COLLECTING THESE PEBBLES, POOJA?

I THOUGHT I'LL GLUE THEM TOGETHER TO MAKE AN INTERESTING SCULPTURE.



THAT'S A LOVELY IDEA. TODAY, IN CLASS, I WILL TELL YOU THE STORY OF ANOTHER KAMALA MOHARANA FROM ODISHA, WHO CONVERTED DISCARDED PAPER AND PLASTIC INTO BRILLIANT WORKS OF ART.

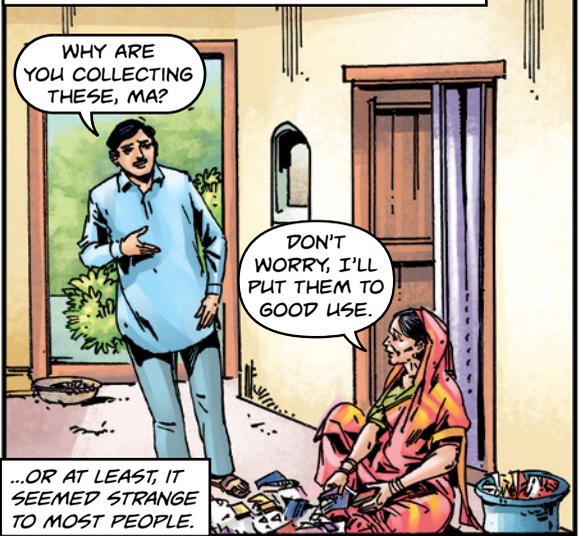


KAMALA MOHARANA HAD A STRANGE HOBBY...

WHY ARE YOU COLLECTING THESE, MA?

DON'T WORRY, I'LL PUT THEM TO GOOD USE.

...OR AT LEAST, IT SEEMED STRANGE TO MOST PEOPLE.



KAMALA, WHY DO YOU KEEP COLLECTING WASTE PAPER AND PLASTIC?

TO MAKE THIS.

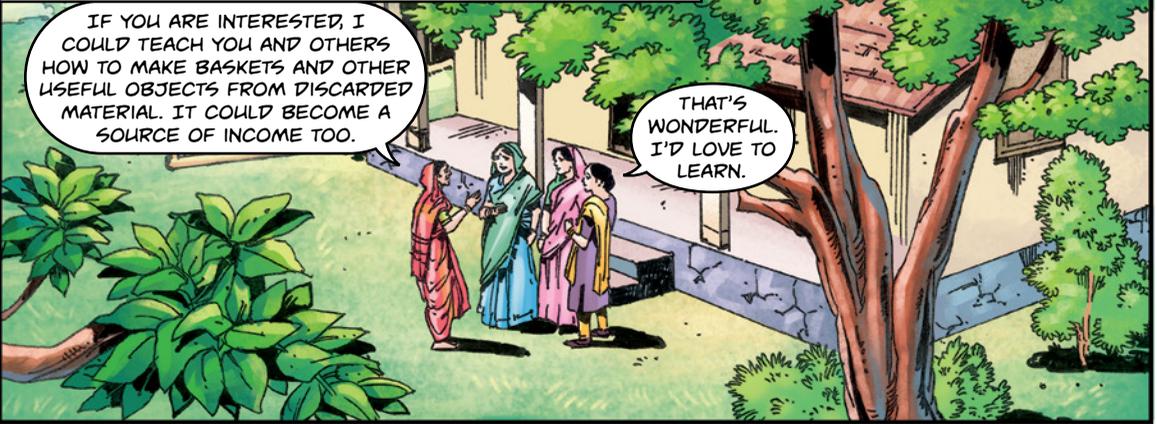


THIS BASKET IS BEAUTIFUL. I CAN'T BELIEVE YOU MADE IT FROM WASTE. I WISH I COULD MAKE SUCH THINGS TOO!





THE NEIGHBOUR'S WORDS STAYED WITH KAMALA. THE NEXT DAY —



IF YOU ARE INTERESTED, I COULD TEACH YOU AND OTHERS HOW TO MAKE BASKETS AND OTHER USEFUL OBJECTS FROM DISCARDED MATERIAL. IT COULD BECOME A SOURCE OF INCOME TOO.

THAT'S WONDERFUL. I'D LOVE TO LEARN.

SOON, A GROUP OF WOMEN CAME TO KAMALA TO LEARN THESE SKILLS.



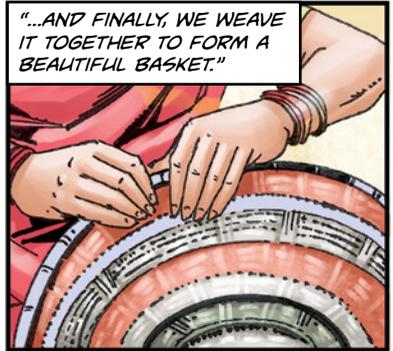
FIRST, WE COLLECT AND SEGREGATE ALL KINDS OF DISCARDED PLASTIC AND PAPER LIKE WRAPPERS, MILK PACKETS AND PLASTIC COVERS LIKE THESE.



"NEXT, WE THOROUGHLY WASH AND DRY IT..."



"...THEN, WE CUT IT INTO THIN STRIPS..."



"...AND FINALLY, WE WEAVE IT TOGETHER TO FORM A BEAUTIFUL BASKET."

ALONG WITH BASKETS, THE WOMEN SOON BEGAN TO MAKE PEN STANDS, MOBILE PHONE STANDS, FLOWER POTS, HAND FANS AND WALL-HANGINGS FROM WASTE MATERIAL.



ONE DAY —



THERE'S A MELA* COMING HERE NEXT MONTH. LET'S TRY AND SELL OUR PRODUCTS THERE.

KAMALA AND HER TEAM MADE A GOOD PROFIT AT THE MELA.

*FAIR

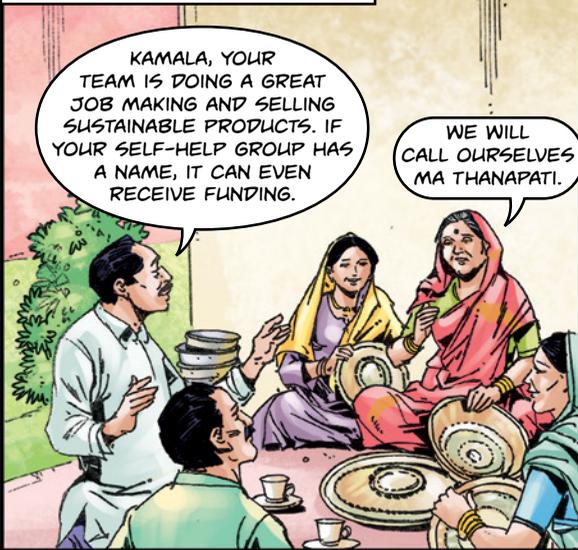
SOON, THEY STARTED SELLING THEIR PRODUCTS ON A REGULAR BASIS TO PEOPLE FROM THEIR VILLAGE AND THE NEIGHBOURING VILLAGES.



IT'S MY NIECE'S WEDDING NEXT MONTH. CAN I GET 20 SUCH BASKETS?

OF COURSE, THEY WILL BE READY IN TWO WEEKS' TIME.

WHEN THE LOCAL ADMINISTRATION HEARD ABOUT THE GROUP —



KAMALA, YOUR TEAM IS DOING A GREAT JOB MAKING AND SELLING SUSTAINABLE PRODUCTS. IF YOUR SELF-HELP GROUP HAS A NAME, IT CAN EVEN RECEIVE FUNDING.

WE WILL CALL OURSELVES MA THANAPATI.

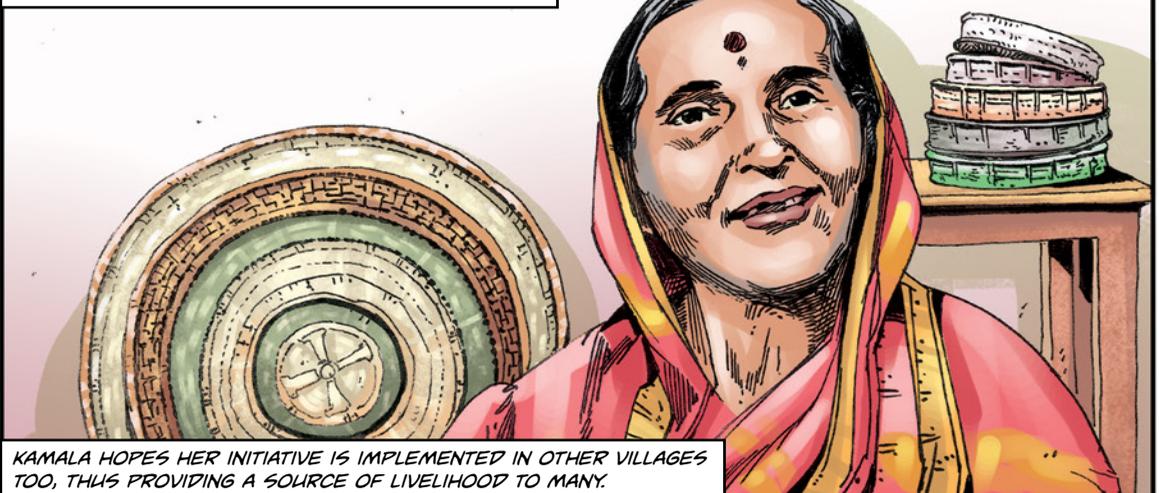
WITH THE ADMINISTRATION'S HELP MA THANAPATI SELLS ITS GOODS IN CRAFT MELAS THROUGHOUT ODISHA.



THANKS TO KAMALA DIDI, I MAKE CLOSE TO RS 6,000 A MONTH.

YES. I NEVER THOUGHT I WOULD BE ABLE TO EARN FOR MYSELF.

MA THANAPATI CURRENTLY PROVIDES LIVELIHOOD TO 40 WOMEN IN THE VILLAGE, FROM AGES 28 TO 63.



KAMALA HOPES HER INITIATIVE IS IMPLEMENTED IN OTHER VILLAGES TOO, THUS PROVIDING A SOURCE OF LIVELIHOOD TO MANY.





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