



MANN KI BAAT

VOL.7



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Dear children,

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

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

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

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

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

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



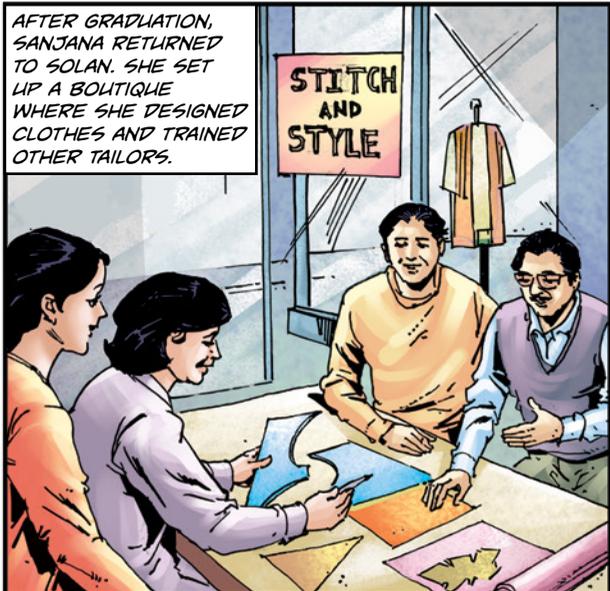
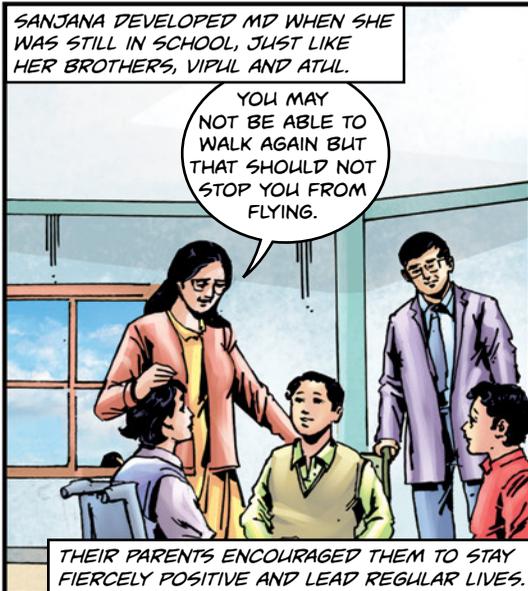
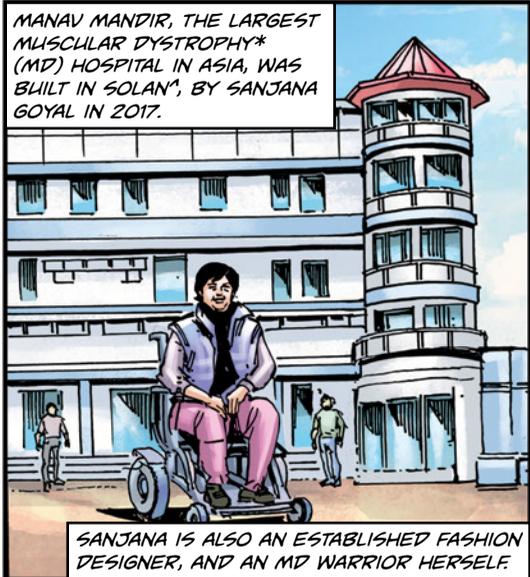
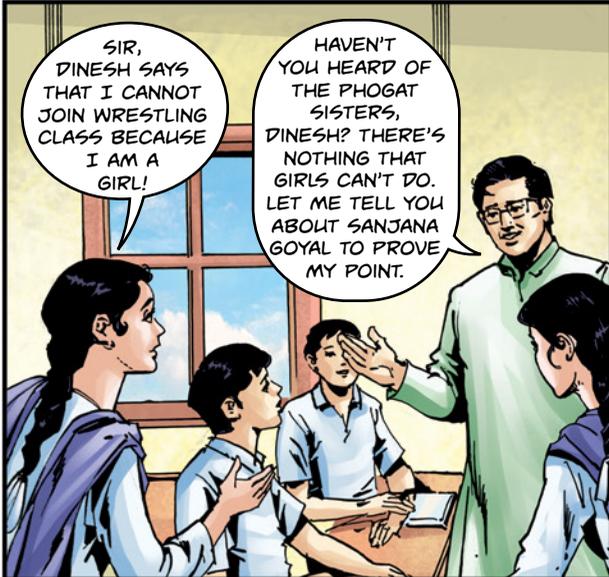
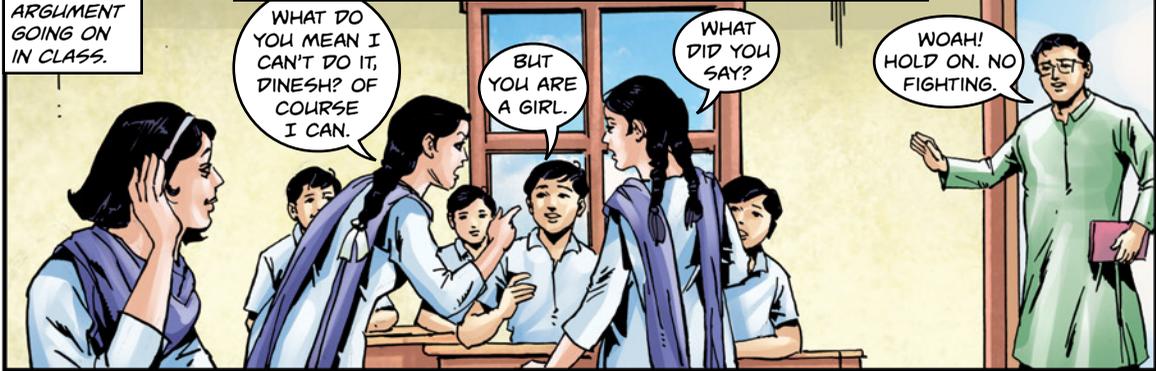


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MANAV MANDIR

THERE WAS A HEATED ARGUMENT GOING ON IN CLASS.



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

*IN HIMACHAL PRADESH

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



MD HAS NO CURE, BUT THE SUPPORT WE HAVE RECEIVED FROM OUR FAMILY HAS HELPED US IMMENSELY.

YES, VIPUL. I FEEL STRONGLY THAT WE MUST REPLICATE THAT FOR MD WARRIORS AND THEIR FAMILIES.

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



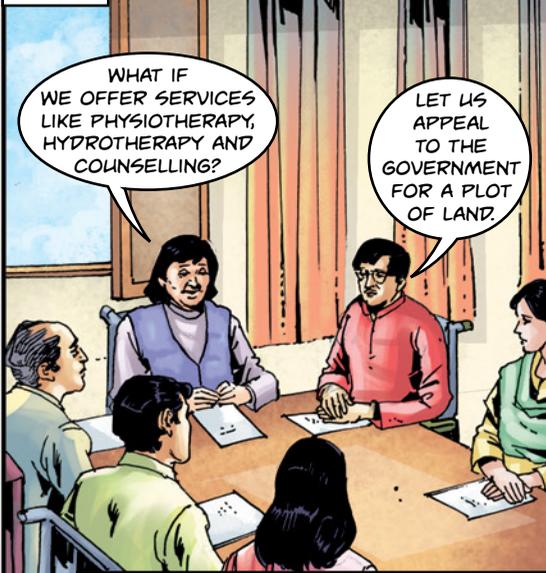
THE TEAM AT IAMD BEGAN CONDUCTING AWARENESS CAMPS, FIRST WITHIN HIMACHAL PRADESH, AND THEN ALL OVER INDIA.

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



THE THEN-PRESIDENT, DR A.P.J. ABDUL KALAM, FELICITATED HER AND LAUDED HER INDOMITABLE SPIRIT.

THEN —

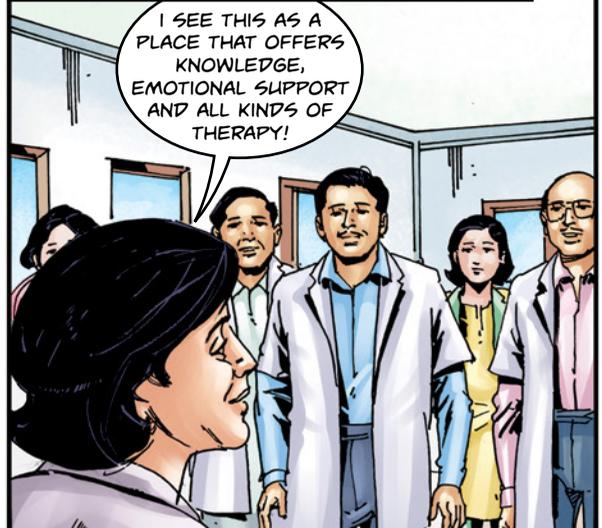


WHAT IF WE OFFER SERVICES LIKE PHYSIOTHERAPY, HYDROTHERAPY AND COUNSELLING?

LET US APPEAL TO THE GOVERNMENT FOR A PLOT OF LAND.

IN 2010, THE GOVERNMENT ALLOCATED LAND TO THEM FOR A REHABILITATION UNIT...

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



I SEE THIS AS A PLACE THAT OFFERS KNOWLEDGE, EMOTIONAL SUPPORT AND ALL KINDS OF THERAPY!

THE HOSPITAL HAS ALSO PROVIDED EMPLOYMENT TO SEVERAL MD WARRIORS.



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



...LIKE HYDROTHERAPY...

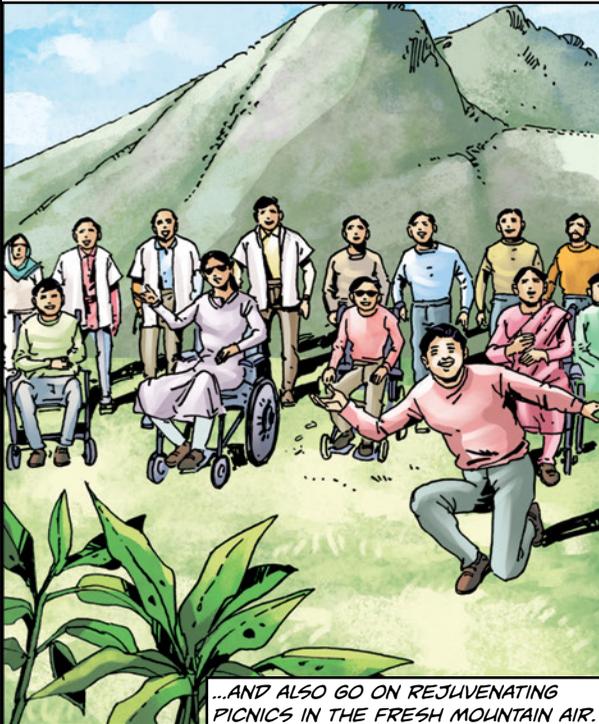


...PHYSIOTHERAPY...



...AND YOGA, AMONG OTHERS.

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



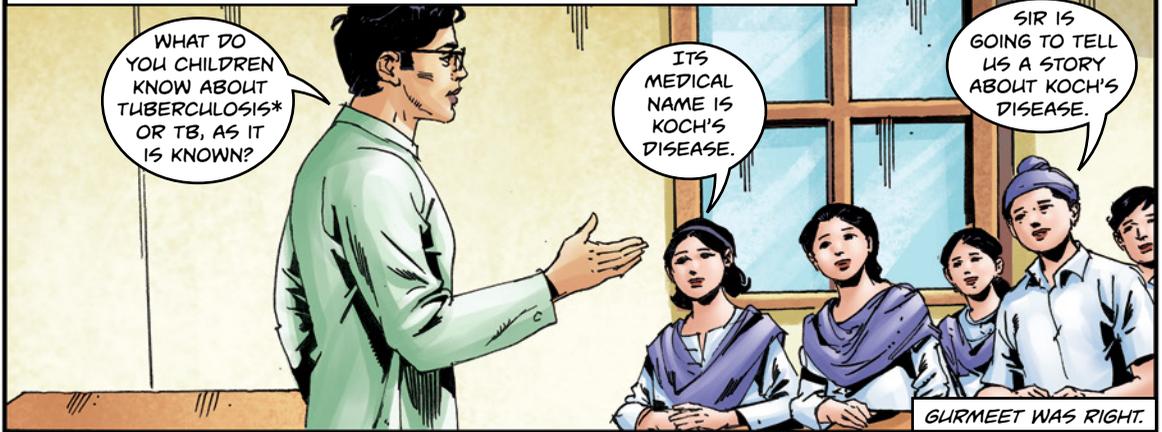
...AND ALSO GO ON REJUVENATING PICNICS IN THE FRESH MOUNTAIN AIR.

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



DIKAR SINGH MEWARI

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



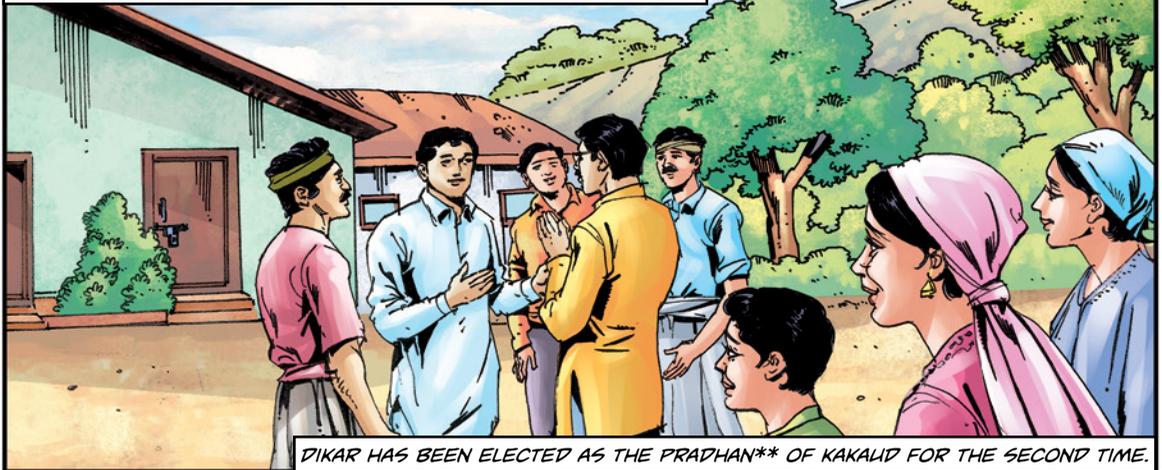
WHAT DO YOU CHILDREN KNOW ABOUT TUBERCULOSIS* OR TB, AS IT IS KNOWN?

ITS MEDICAL NAME IS KOCH'S DISEASE.

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

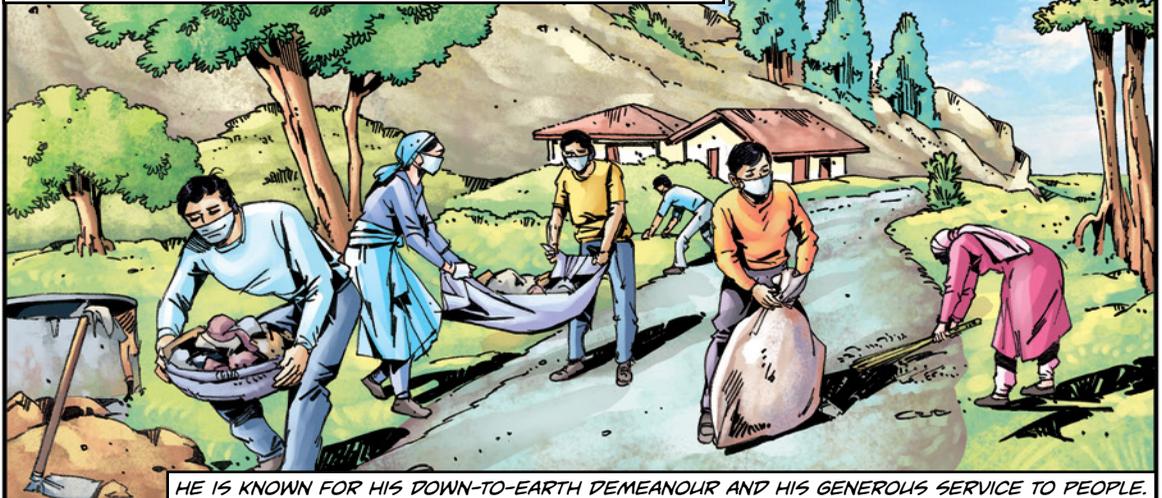
GURMEET WAS RIGHT.

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



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

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



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

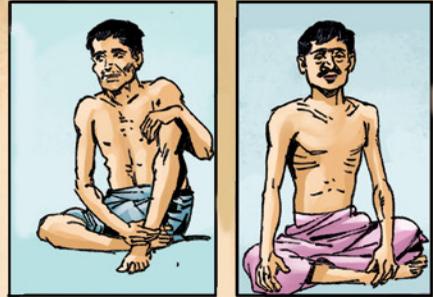
*AN INFECTIOUS BUT CURABLE DISEASE
*IN UTTARAKHAND

**HEADMAN



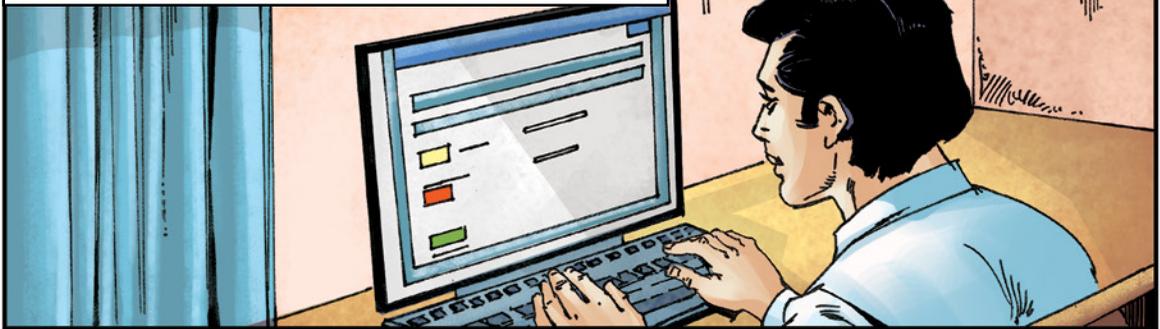
IN SEPTEMBER 2022, THE CENTRAL GOVERNMENT ANNOUNCED THE NIKSHAY MITRA SCHEME TO ERADICATE TB.

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

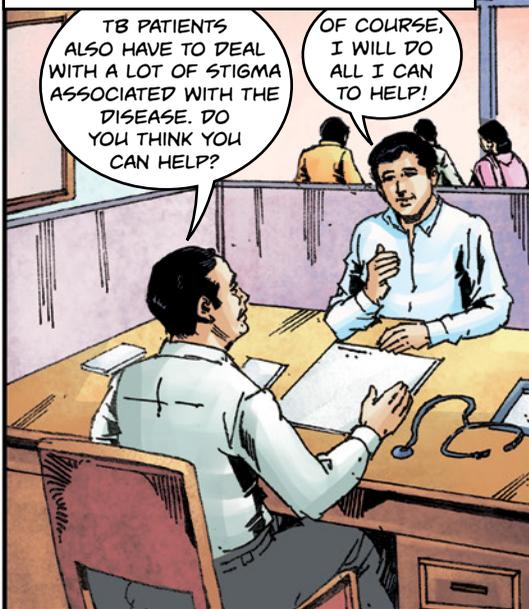


'NI' TRANSLATES TO 'END', 'KSHAY' IS THE HINDI NAME FOR TB, AND 'MITRA' MEANS 'FRIEND'.

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



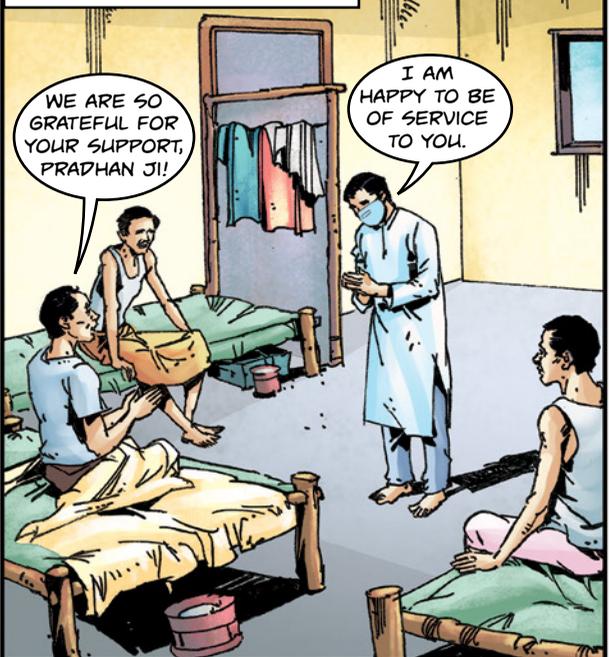
DIKAR LEARNT ABOUT NIKSHAY MITRA FROM A DOCTOR, WHO ALSO TOLD HIM THAT SIX TB PATIENTS IN HIS REGION COULD BENEFIT GREATLY FROM BEING ADOPTED.



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

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

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



WE ARE SO GRATEFUL FOR YOUR SUPPORT, PRADHAN JI!

I AM HAPPY TO BE OF SERVICE TO YOU.

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



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

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



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

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

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

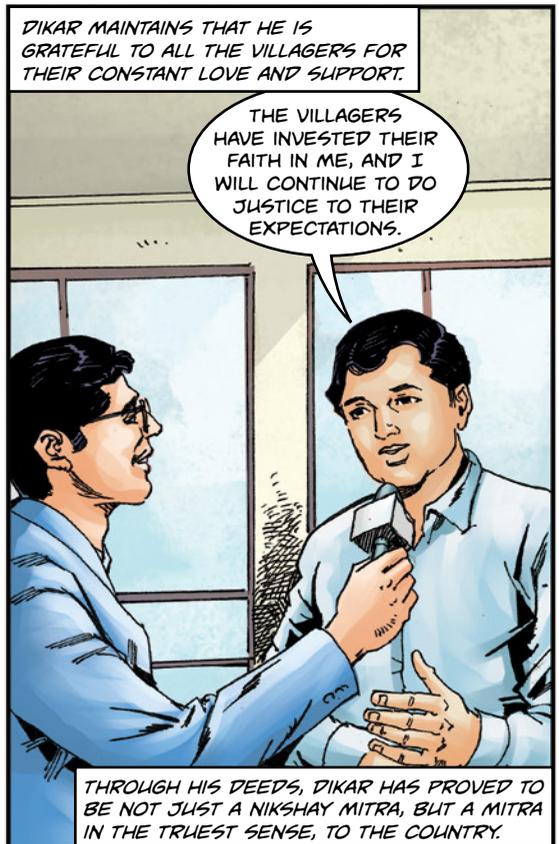


MEWARI JI, YOU ARE DOING EXCELLENT WORK! PLEASE LET US KNOW IF WE CAN BE OF ANY HELP.

THANK YOU, SIR!

HE HAS ALSO BEEN PRAISED BY THE PM OF INDIA.

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



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

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

POONAM NAUTIYAL

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

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

I WENT ON A TREK TO UTTARAKHAND.



WOW! WAS IT VERY TOUGH?

OH, YES. THE TERRAIN THERE IS VERY DIFFICULT. I WONDER HOW THE LOCAL PEOPLE MANAGE.



THE LOCALS DO FACE A LOT OF PROBLEMS, POOJA. LET ME TELL YOU THE STORY OF POONAM NAUTIYAL OF UTTARAKHAND AND HER FIGHT DURING THE COVID-19 PANDEMIC.



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



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

I WANT TO JOIN THE ARMY LIKE YOU, PAPA.

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



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

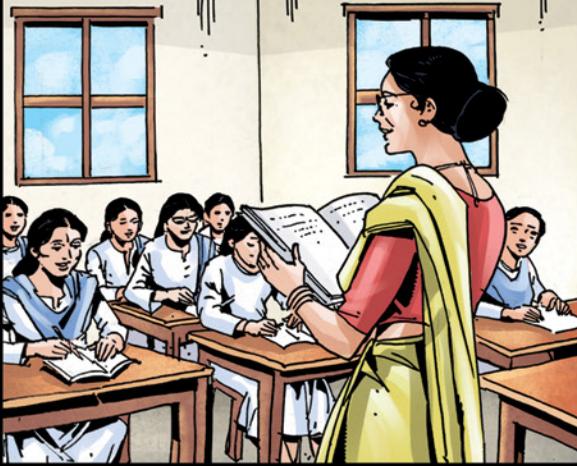
I'M SORRY, MY CHILD. WE CANNOT AFFORD TO SEND YOU TO MEDICAL COLLEGE.

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





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



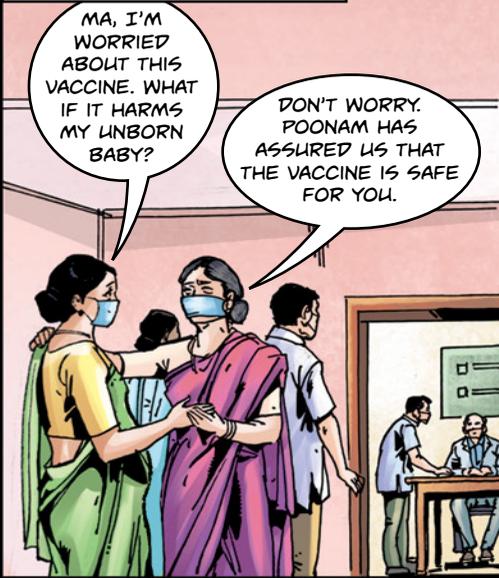
SHE THEN WORKED WITH THE NATIONAL HEALTH MISSION FOR FIVE YEARS BEFORE GETTING A JOB AT A HEALTH CENTRE.



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

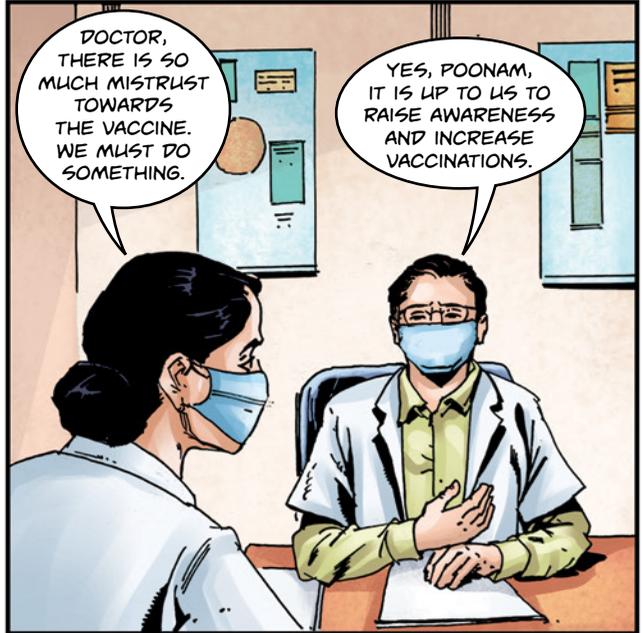
MA, I'M WORRIED ABOUT THIS VACCINE. WHAT IF IT HARMS MY UNBORN BABY?

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



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

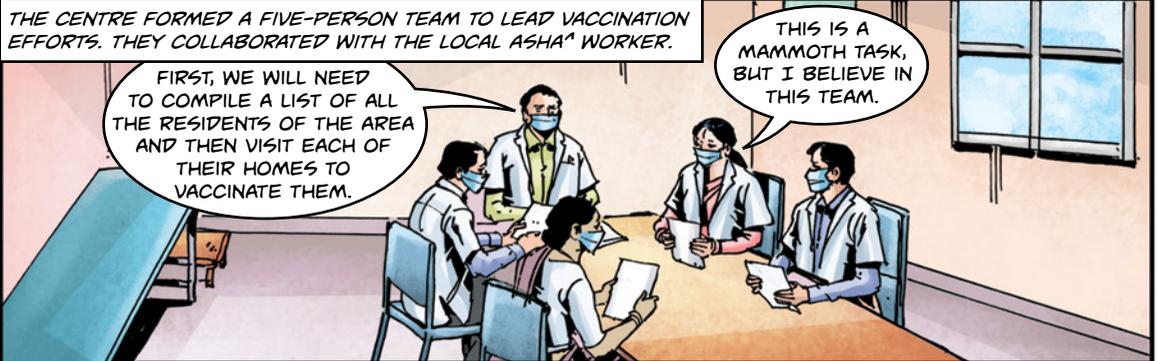
YES, POONAM, IT IS UP TO US TO RAISE AWARENESS AND INCREASE VACCINATIONS.



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

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

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



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

*AUXILIARY NURSE MIDWIFERY

*ACCREDITED SOCIAL HEALTH ACTIVIST

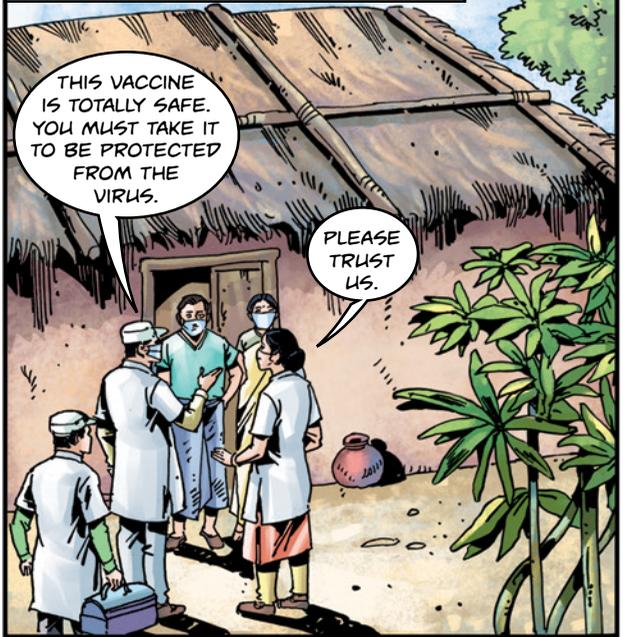


THE CHALLENGES WERE PLENTY INDEED. THE TEAM HAD TO TRAVERSE HILLY TERRAIN AND OFTEN TREK THROUGH WATER-LOGGED ROADS TO PROVIDE VACCINATIONS.



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

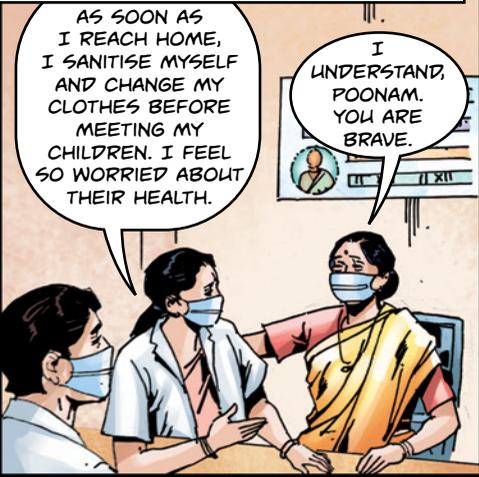
THERE WAS ALSO A NEED FOR AWARENESS.



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

PLEASE TRUST US.

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



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

I UNDERSTAND, POONAM. YOU ARE BRAVE.

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



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

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



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



SANKALP 95

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



DID YOU ALL ENJOY THE STORY I TOLD YOU?

YES, DIDI*!

PLEASE COME AGAIN.



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

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

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

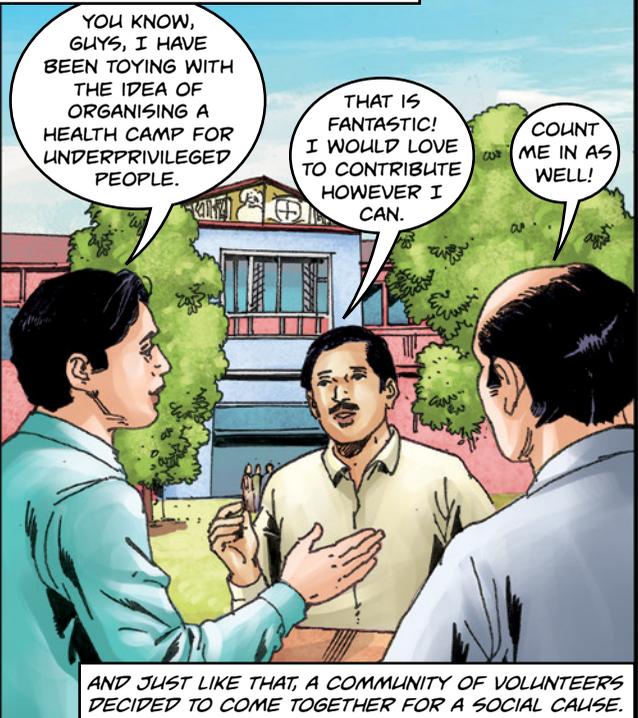


OH, MY GOODNESS! SUCH WONDERFUL MEMORIES!

YES! AND HOW TIME DOES FLY!

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

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



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

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

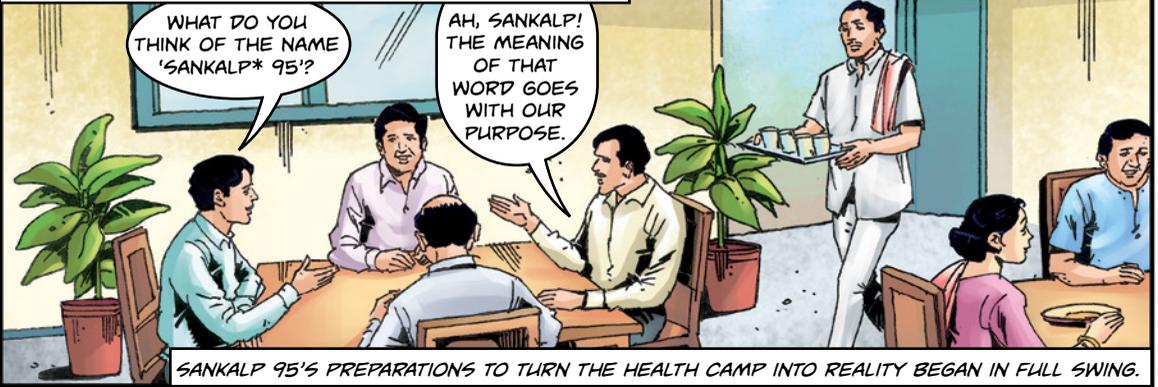
COUNT ME IN AS WELL!

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

*ELDER SISTER



THE VOLUNTEERS HAD ALL GRADUATED FROM KRHS IN 1995.

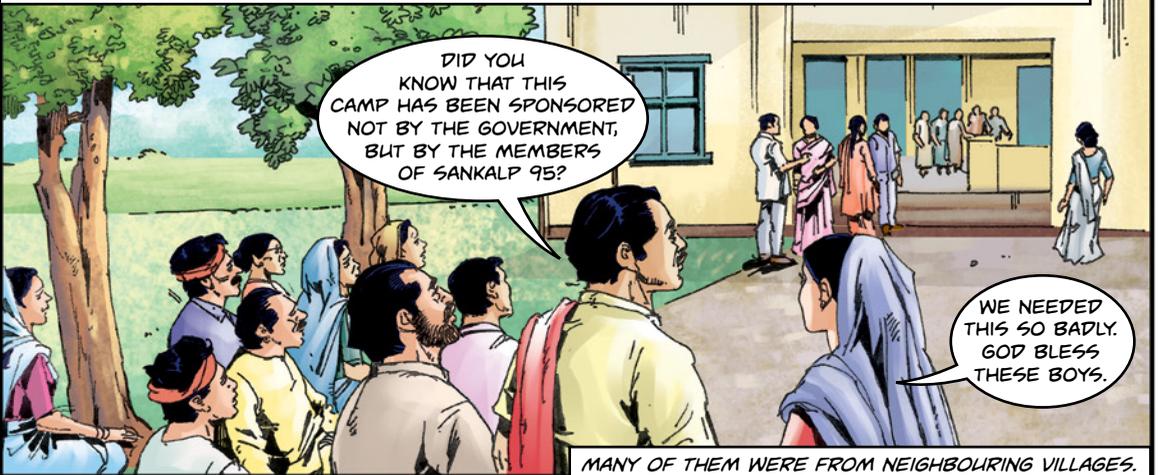


WHAT DO YOU THINK OF THE NAME 'SANKALP* 95'?

AH, SANKALP! THE MEANING OF THAT WORD GOES WITH OUR PURPOSE.

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

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

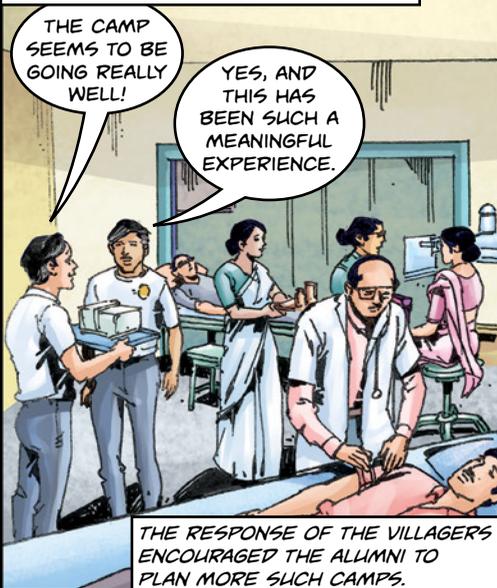


DID YOU KNOW THAT THIS CAMP HAS BEEN SPONSORED NOT BY THE GOVERNMENT, BUT BY THE MEMBERS OF SANKALP 95?

WE NEEDED THIS SO BADLY. GOD BLESS THESE BOYS.

MANY OF THEM WERE FROM NEIGHBOURING VILLAGES.

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



THE CAMP SEEMS TO BE GOING REALLY WELL!

YES, AND THIS HAS BEEN SUCH A MEANINGFUL EXPERIENCE.

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

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



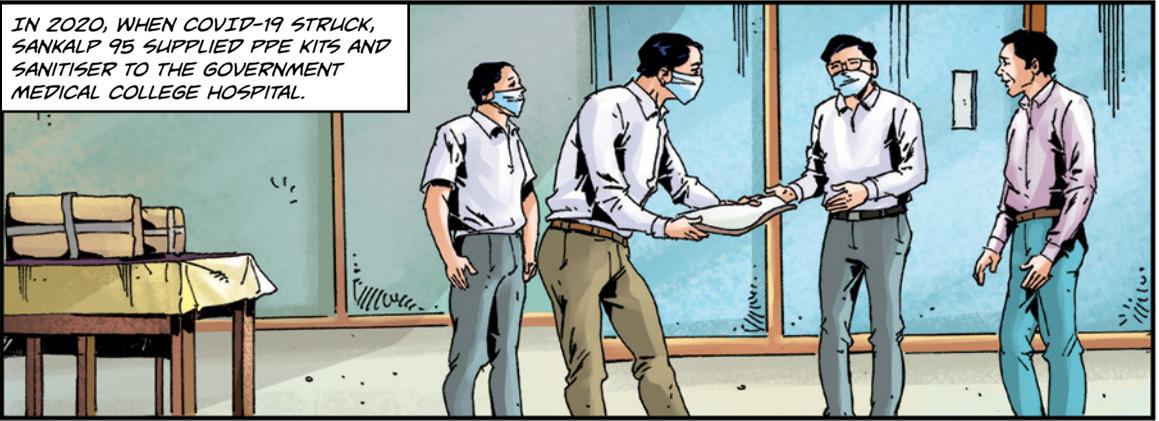
...SUCH AS PLANTATION DRIVES, CLEANLINESS DRIVES, EYE-CAMPS AND THE FREE DISTRIBUTION OF MEDICINES, AND MORE.

*'FIRM RESOLVE' IN HINDI

*A VILLAGE IN WEST CHAMPARAN DISTRICT, BIHAR

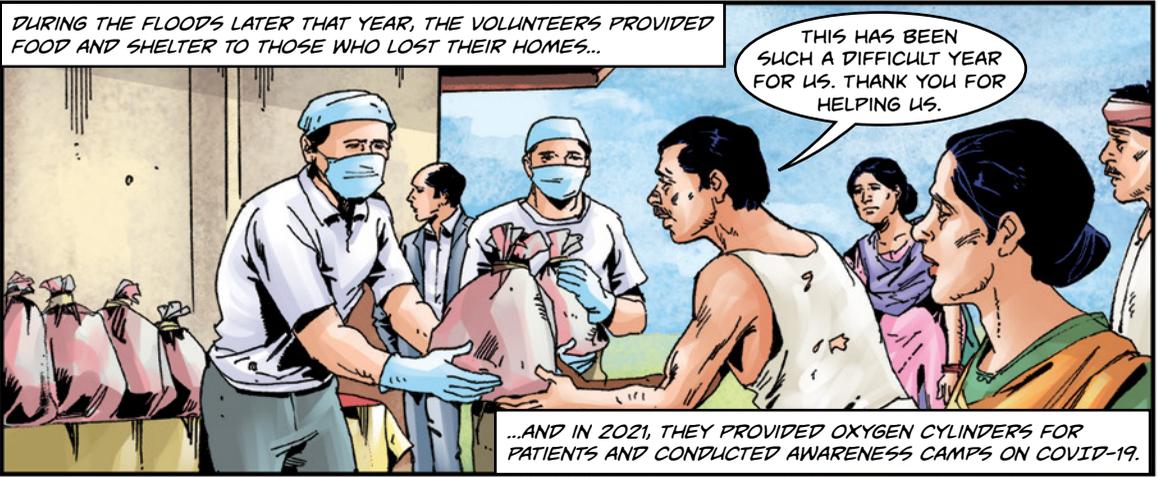


IN 2020, WHEN COVID-19 STRUCK, SANKALP 95 SUPPLIED PPE KITS AND SANITISER TO THE GOVERNMENT MEDICAL COLLEGE HOSPITAL.



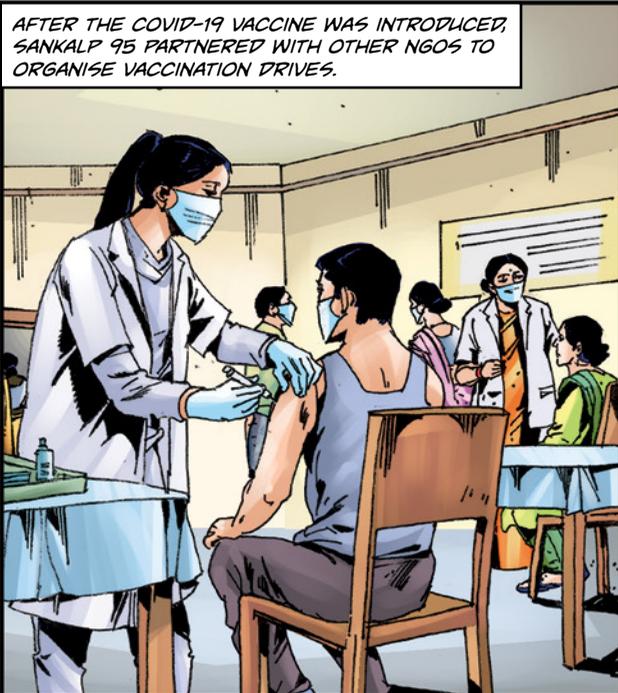
DURING THE FLOODS LATER THAT YEAR, THE VOLUNTEERS PROVIDED FOOD AND SHELTER TO THOSE WHO LOST THEIR HOMES...

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



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

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

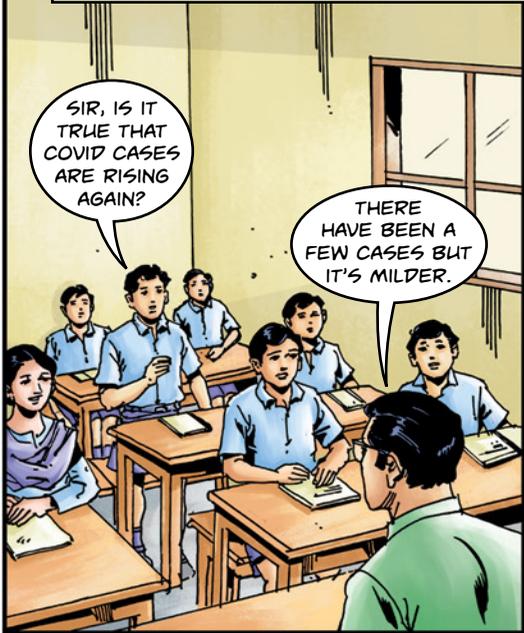


THEIR WORK EARNED THEM THE PRAISE OF PM MODI.

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

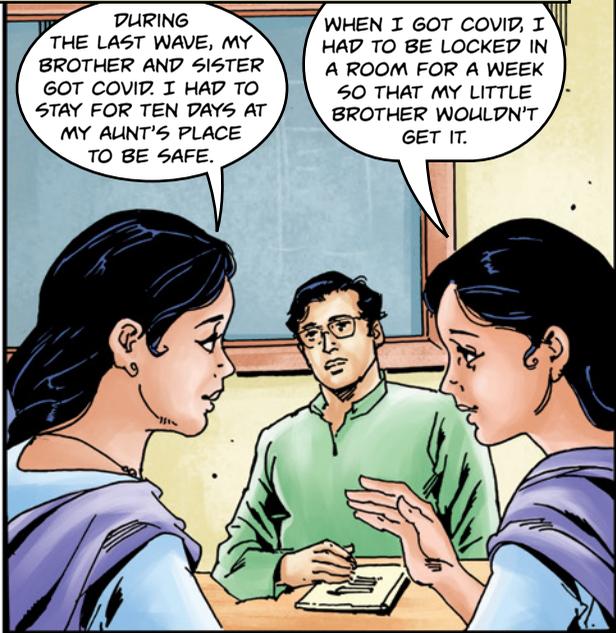


SARPANCH BALBIR KAUR



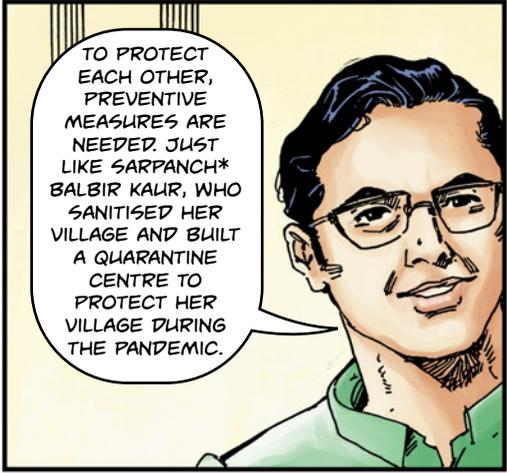
SIR, IS IT TRUE THAT COVID CASES ARE RISING AGAIN?

THERE HAVE BEEN A FEW CASES BUT IT'S MILDER.

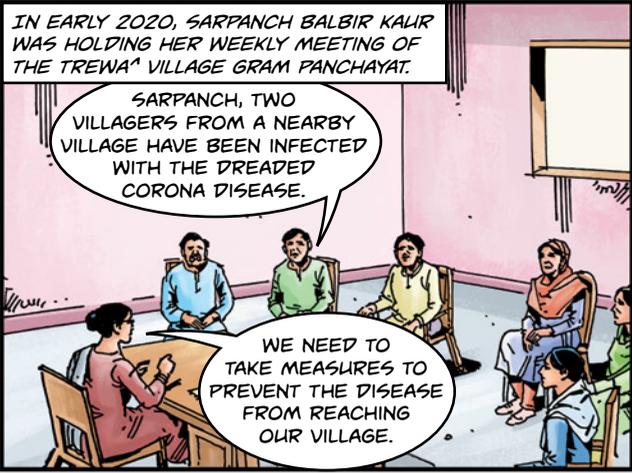


DURING THE LAST WAVE, MY BROTHER AND SISTER GOT COVID. I HAD TO STAY FOR TEN DAYS AT MY AUNT'S PLACE TO BE SAFE.

WHEN I GOT COVID, I HAD TO BE LOCKED IN A ROOM FOR A WEEK SO THAT MY LITTLE BROTHER WOULDN'T GET IT.



TO PROTECT EACH OTHER, PREVENTIVE MEASURES ARE NEEDED. JUST LIKE SARPANCH* BALBIR KAUR, WHO SANITISED HER VILLAGE AND BUILT A QUARANTINE CENTRE TO PROTECT HER VILLAGE DURING THE PANDEMIC.



IN EARLY 2020, SARPANCH BALBIR KAUR WAS HOLDING HER WEEKLY MEETING OF THE TREWA* VILLAGE GRAM PANCHAYAT.

SARPANCH, TWO VILLAGERS FROM A NEARBY VILLAGE HAVE BEEN INFECTED WITH THE DREADED CORONA DISEASE.

WE NEED TO TAKE MEASURES TO PREVENT THE DISEASE FROM REACHING OUR VILLAGE.



WHAT ARE YOU DOING, BALBIR?

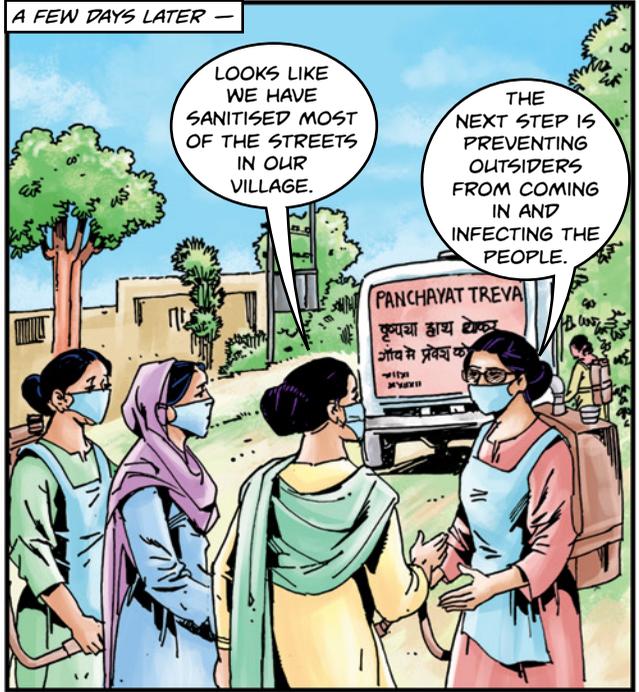
I'M SANITISING THE STREETS. I HEARD THIS CAN REALLY HELP REDUCE THE SPREAD OF THE DISEASE.

*VILLAGE HEAD

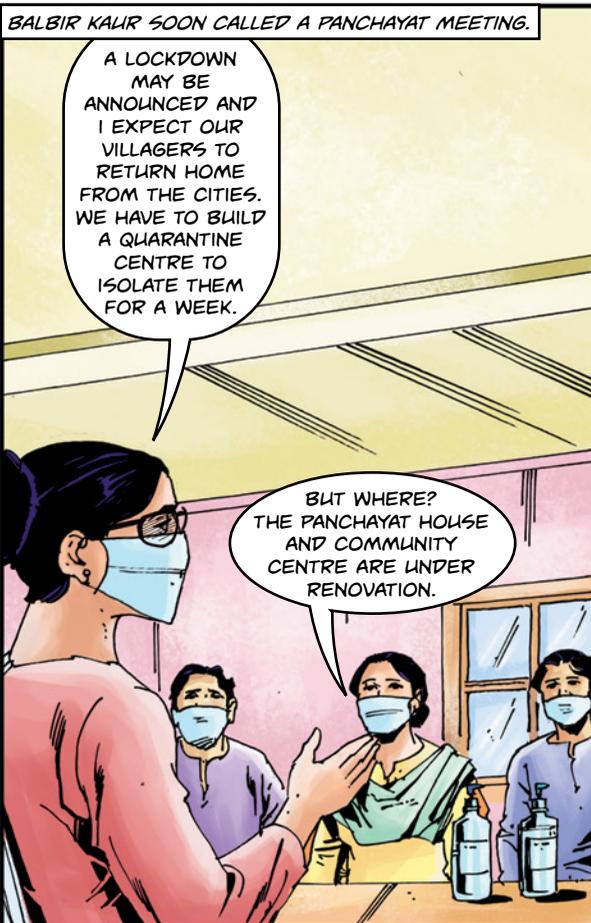
WHEN THE VILLAGERS CAME TO KNOW ABOUT BALBIR KAUR'S EFFORTS —



A FEW DAYS LATER —



BALBIR KAUR SOON CALLED A PANCHAYAT MEETING.





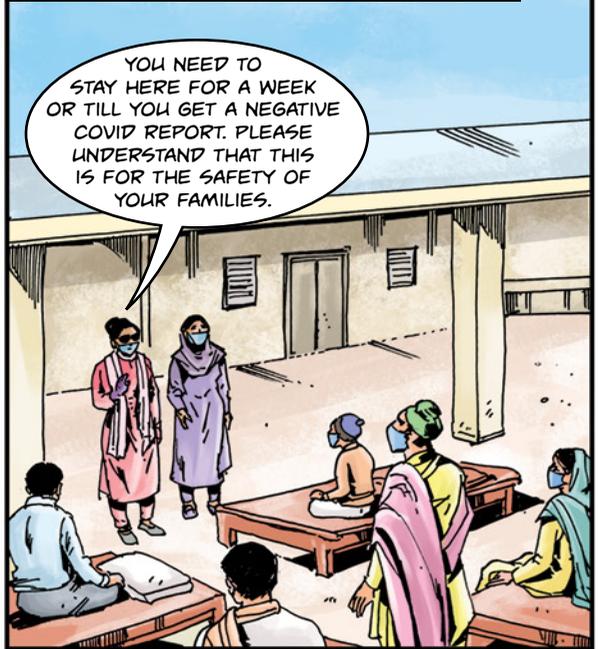
PREPARATIONS SOON BEGAN IN FULL SWING.



MAKE SURE THERE IS ENOUGH WATER AND SOAP TO WASH HANDS. KEEP BLANKETS AND WATER BOTTLES READY FOR THE PEOPLE RETURNING.

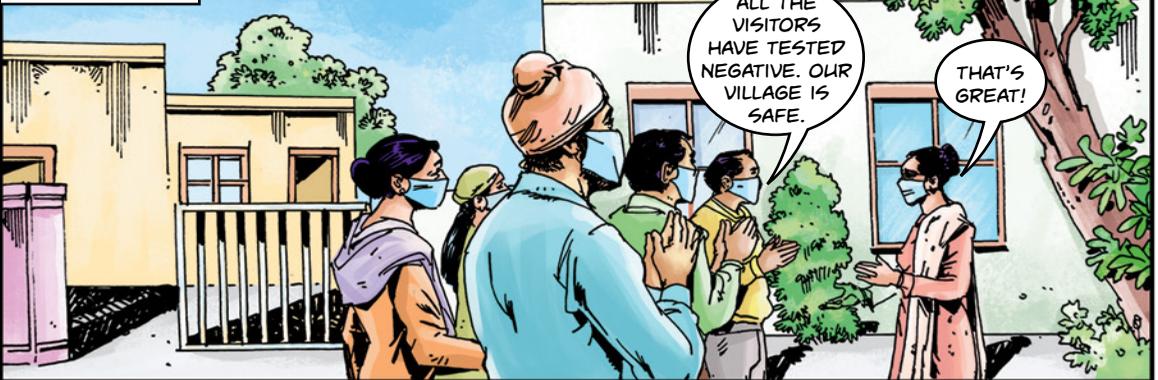
A FEW WEEKS LATER, A 30-BED QUARANTINE CENTRE WAS READY.

WHEN THE FIRST GROUP OF PEOPLE ARRIVED —



YOU NEED TO STAY HERE FOR A WEEK OR TILL YOU GET A NEGATIVE COVID REPORT. PLEASE UNDERSTAND THAT THIS IS FOR THE SAFETY OF YOUR FAMILIES.

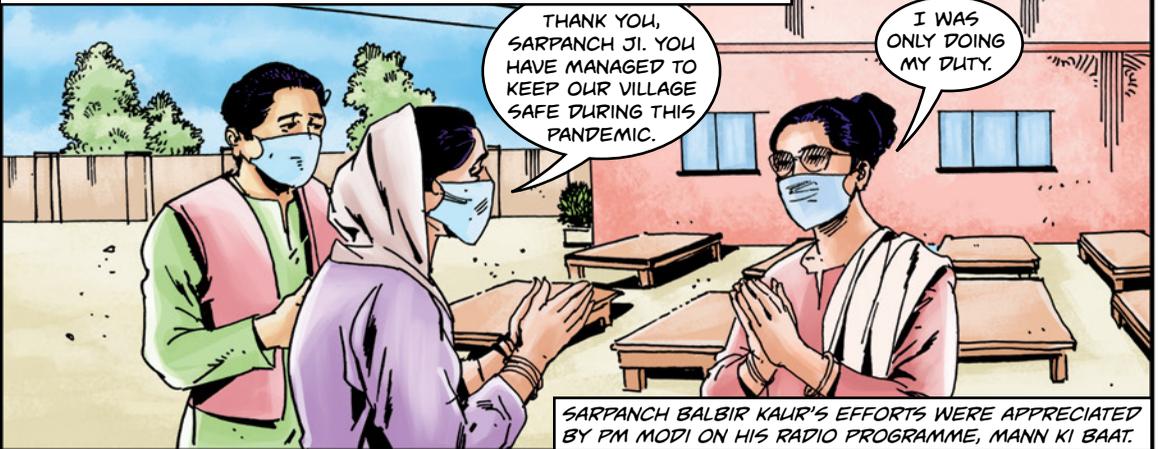
A WEEK LATER —



ALL THE VISITORS HAVE TESTED NEGATIVE. OUR VILLAGE IS SAFE.

THAT'S GREAT!

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



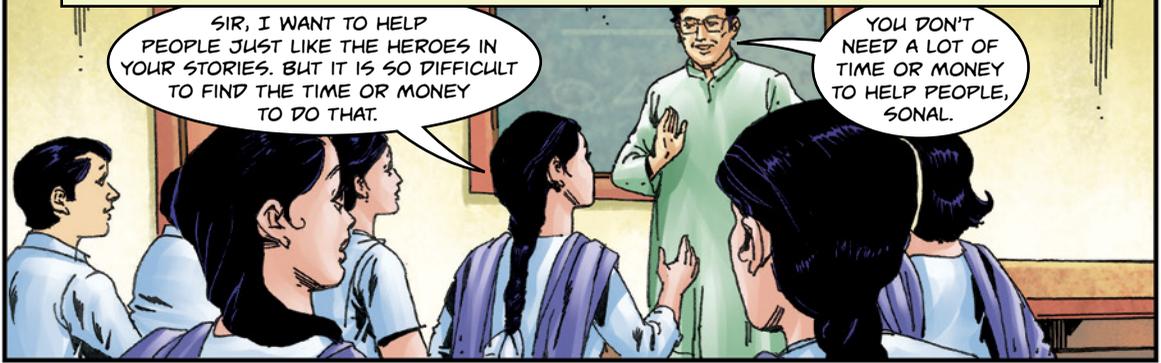
THANK YOU, SARPANCH JI. YOU HAVE MANAGED TO KEEP OUR VILLAGE SAFE DURING THIS PANDEMIC.

I WAS ONLY DOING MY DUTY.

SARPANCH BALBIR KAUR'S EFFORTS WERE APPRECIATED BY PM MODI ON HIS RADIO PROGRAMME, MANN KI BAAT.

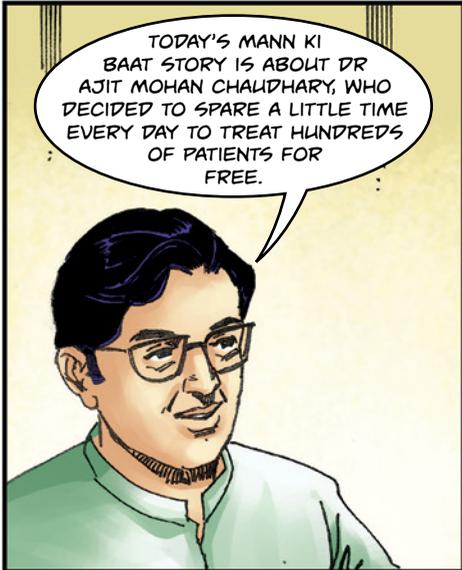


AJIT MOHAN CHAUDHARY

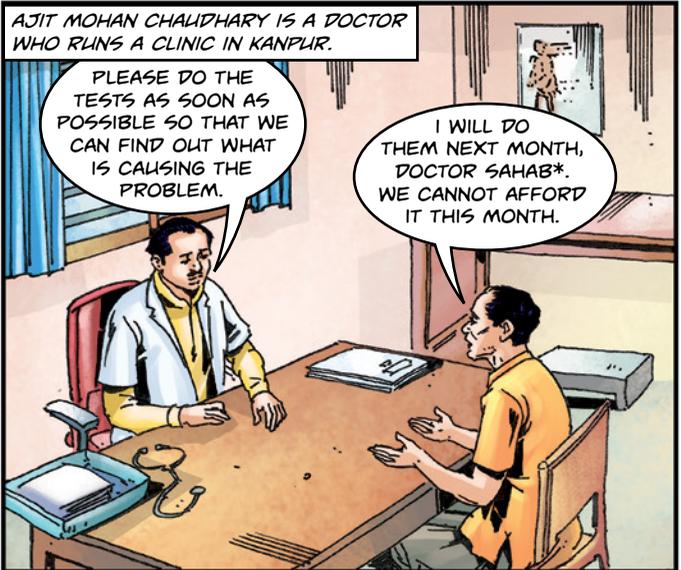


SIR, I WANT TO HELP PEOPLE JUST LIKE THE HEROES IN YOUR STORIES. BUT IT IS SO DIFFICULT TO FIND THE TIME OR MONEY TO DO THAT.

YOU DON'T NEED A LOT OF TIME OR MONEY TO HELP PEOPLE, SONAL.



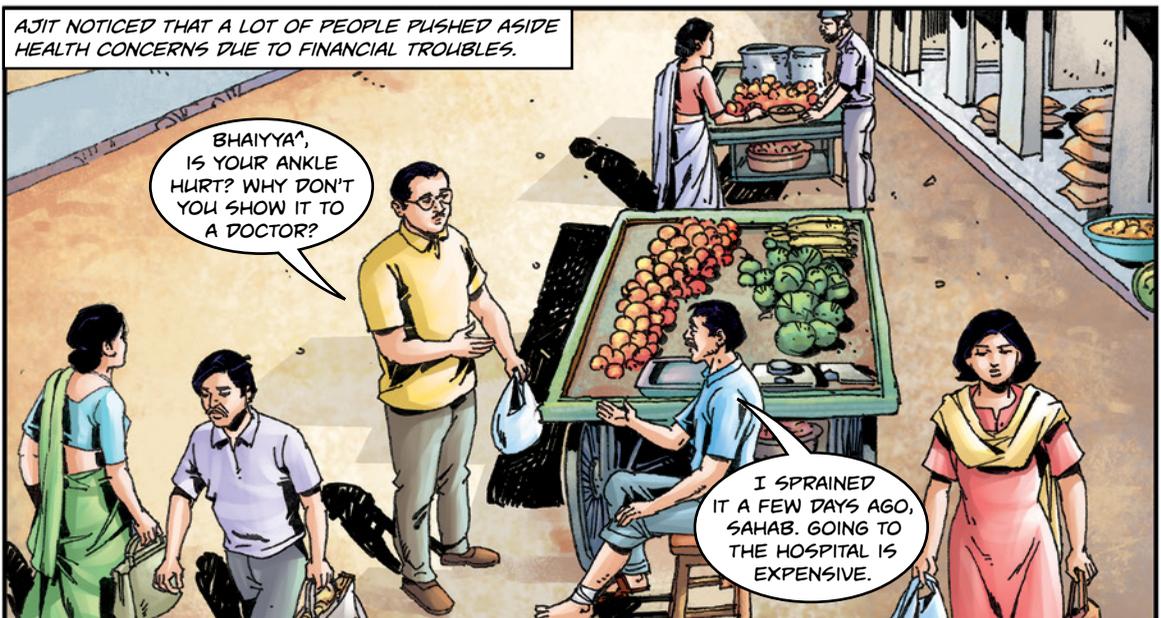
TODAY'S MANN KI BAAT STORY IS ABOUT DR AJIT MOHAN CHAUDHARY, WHO DECIDED TO SPARE A LITTLE TIME EVERY DAY TO TREAT HUNDREDS OF PATIENTS FOR FREE.



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

PLEASE DO THE TESTS AS SOON AS POSSIBLE SO THAT WE CAN FIND OUT WHAT IS CAUSING THE PROBLEM.

I WILL DO THEM NEXT MONTH, DOCTOR SAHAB*. WE CANNOT AFFORD IT THIS MONTH.



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

BHAIYYA', IS YOUR ANKLE HURT? WHY DON'T YOU SHOW IT TO A DOCTOR?

I SPRAINED IT A FEW DAYS AGO, SAHAB. GOING TO THE HOSPITAL IS EXPENSIVE.

*A RESPECTFUL TERM WHILE ADDRESSING A SENIOR

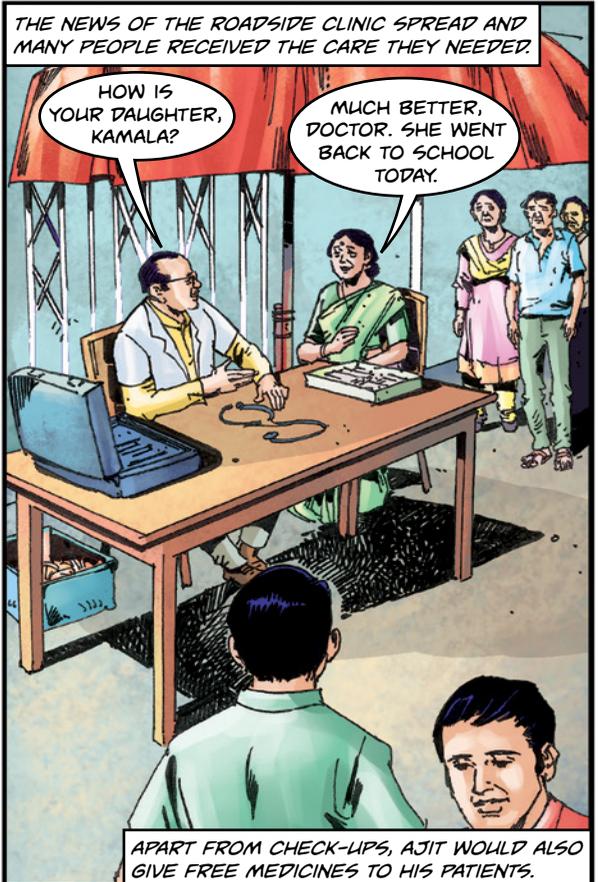
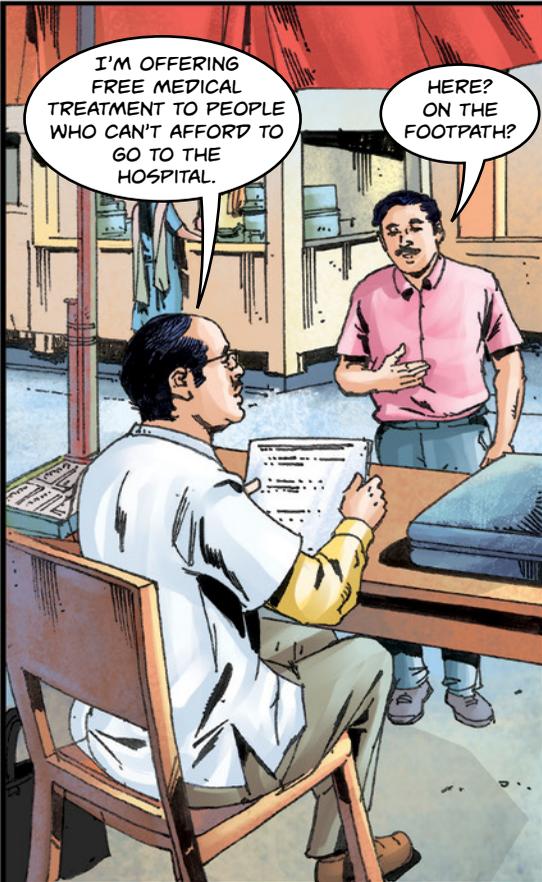
*BROTHER



THE PROBLEM BOTHERED AJIT.

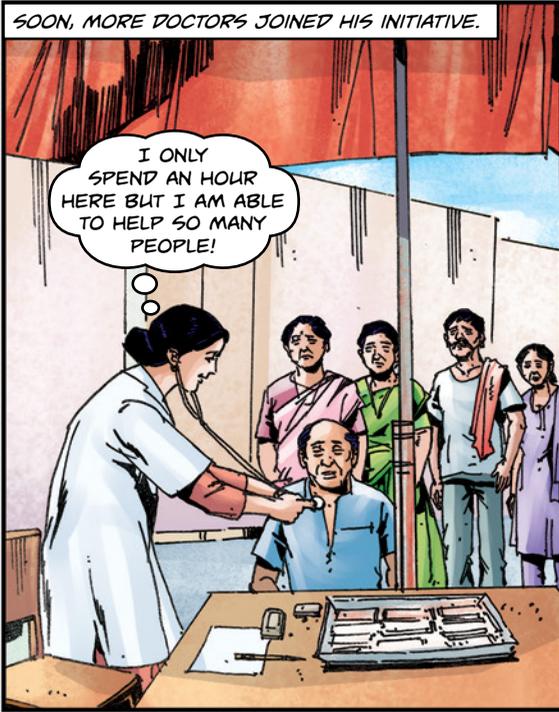


ONE DAY —

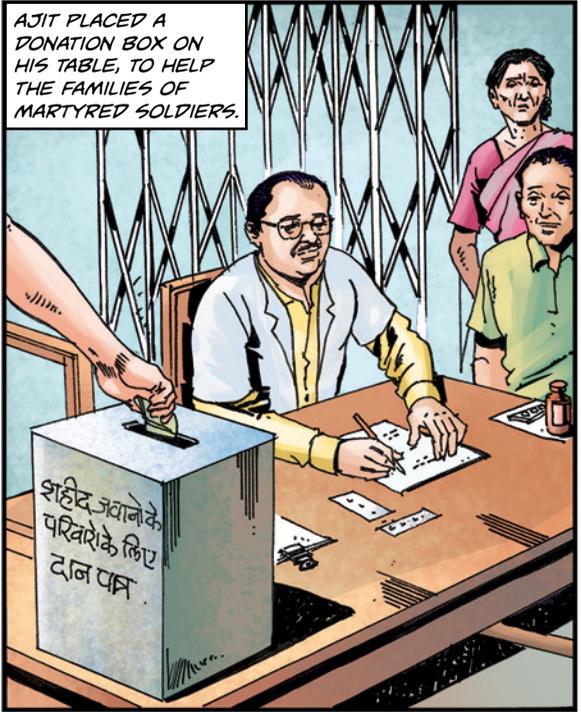


SOON, MORE DOCTORS JOINED HIS INITIATIVE.

I ONLY SPEND AN HOUR HERE BUT I AM ABLE TO HELP SO MANY PEOPLE!



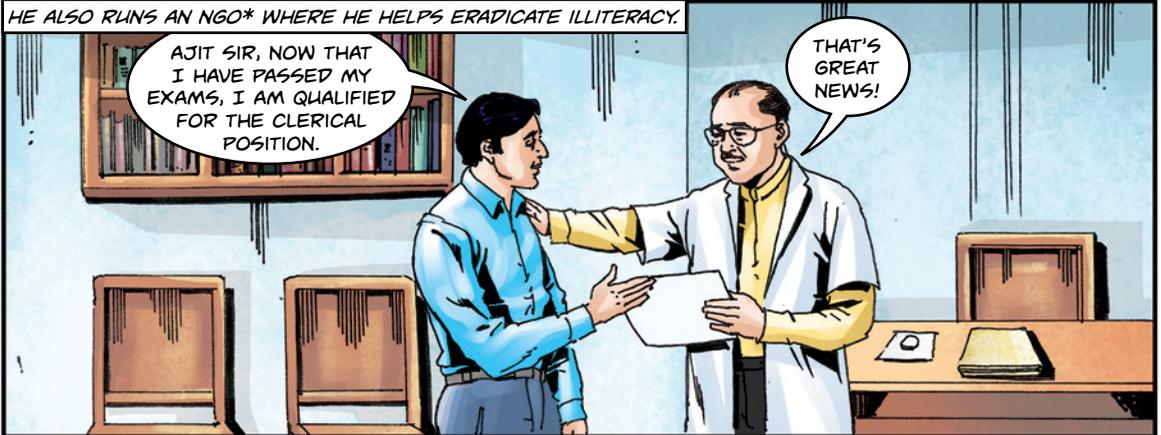
AJIT PLACED A DONATION BOX ON HIS TABLE, TO HELP THE FAMILIES OF MARTYRED SOLDIERS.



HE ALSO RUNS AN NGO* WHERE HE HELPS ERADICATE ILLITERACY.

AJIT SIR, NOW THAT I HAVE PASSED MY EXAMS, I AM QUALIFIED FOR THE CLERICAL POSITION.

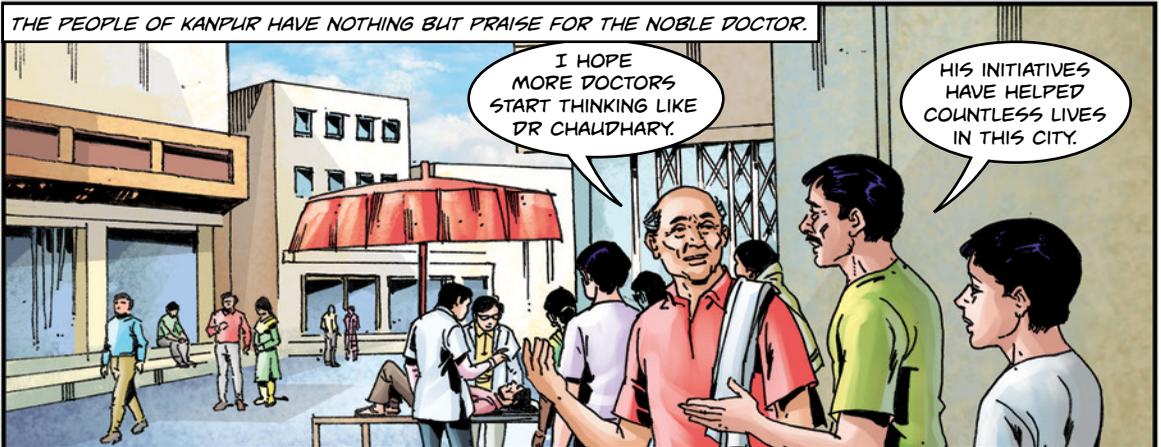
THAT'S GREAT NEWS!



THE PEOPLE OF KANPUR HAVE NOTHING BUT PRAISE FOR THE NOBLE DOCTOR.

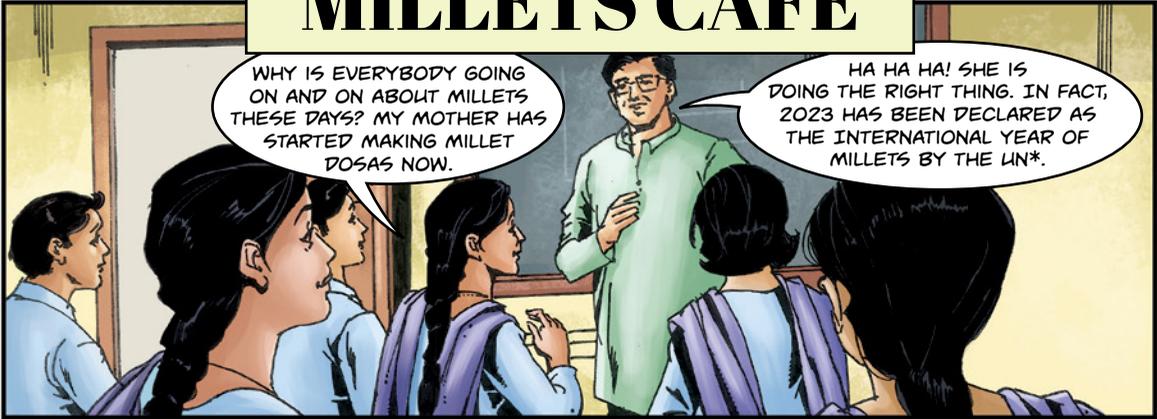
I HOPE MORE DOCTORS START THINKING LIKE DR CHAUDHARY.

HIS INITIATIVES HAVE HELPED COUNTLESS LIVES IN THIS CITY.



*NON-GOVERNMENTAL ORGANISATION

MILLETS CAFE

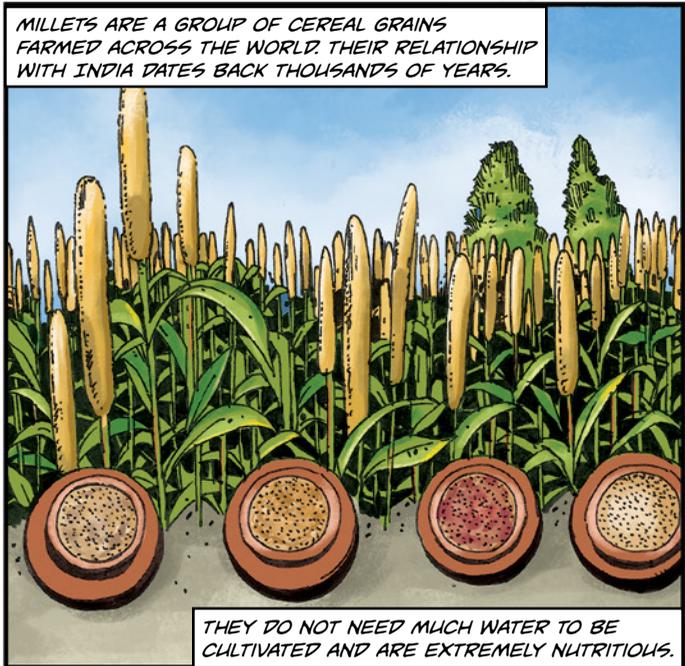


WHY IS EVERYBODY GOING ON AND ON ABOUT MILLETS THESE DAYS? MY MOTHER HAS STARTED MAKING MILLET DOSAS NOW.

HA HA HA! SHE IS DOING THE RIGHT THING. IN FACT, 2023 HAS BEEN DECLARED AS THE INTERNATIONAL YEAR OF MILLETS BY THE UN*.



RESTAURANTS WHICH OFFER ALL KINDS OF DELICIOUS MILLET DISHES ARE COMING UP ALL OVER THE COUNTRY. LET ME TELL YOU ABOUT ONE SUCH CAFE WHICH IS DOING MORE THAN JUST SERVING MILLETS.



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

THEY DO NOT NEED MUCH WATER TO BE CULTIVATED AND ARE EXTREMELY NUTRITIOUS.

IN 2022, BHIM SINGH, THE THEN-COLLECTOR OF RAIGARH¹, WAS STRUCK BY A THOUGHT.



MILLETS ARE EATEN WIDELY IN VILLAGES BUT CITY PEOPLE ARE NOT AWARE OF THEIR BENEFITS. WHAT IF WE SET UP A RESTAURANT WITH MILLET DISHES TO PROMOTE HEALTHY EATING?

BHIM SINGH, COLLECTOR

*UNITED NATIONS

¹CITY IN CHHATTISGARH



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

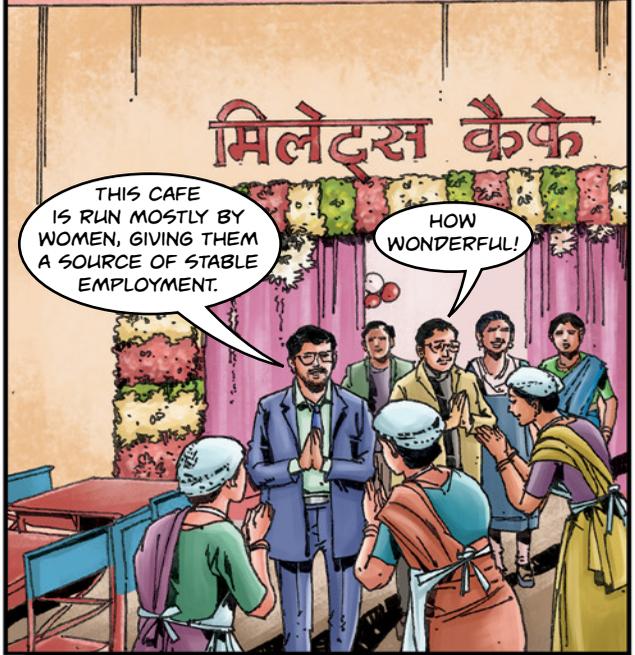
GREAT IDEA! WE CAN COLLABORATE WITH THE TRANSFORMING RURAL INDIA FOUNDATION AND WOMEN AND CHILD DEVELOPMENT DEPARTMENT FOR TECHNICAL SUPPORT.



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

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

HOW WONDERFUL!



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

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

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



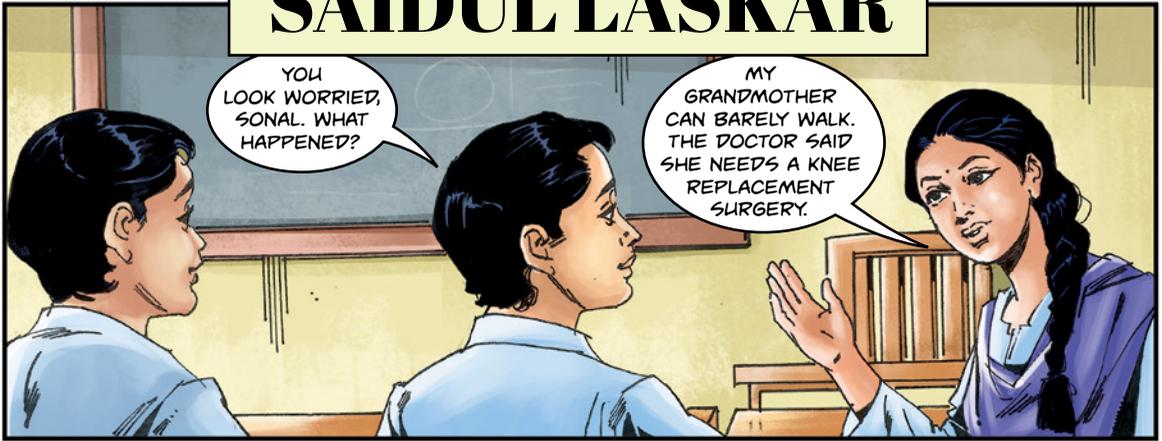
THE CAFE IS NOW MANAGED BY VIKAS MAHILA KSHETRA SANGH*, AND HEADED BY ROHINI PATNAIK, WHO IS PROUD OF THEIR PROGRESS.

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



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

SAIDUL LASKAR



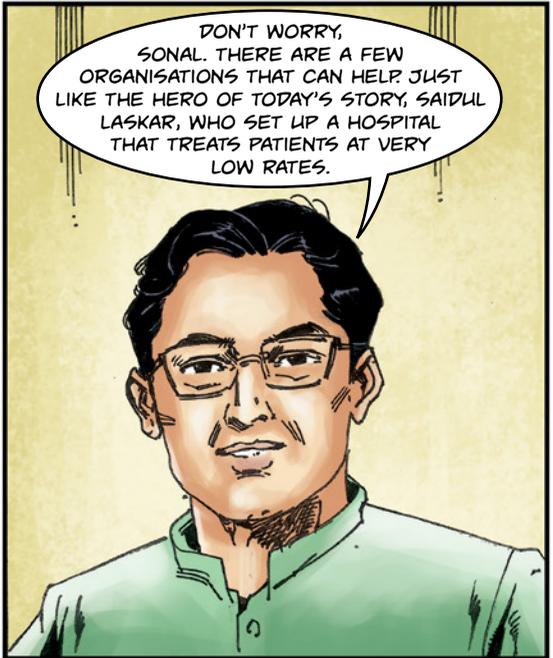
YOU LOOK WORRIED, SONAL. WHAT HAPPENED?

MY GRANDMOTHER CAN BARELY WALK. THE DOCTOR SAID SHE NEEDS A KNEE REPLACEMENT SURGERY.

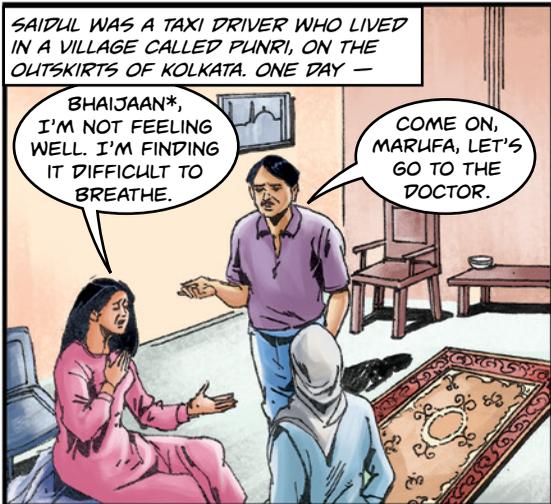


SO, WHAT'S THE PROBLEM?

SURGERY IS REALLY EXPENSIVE. BABA WAS SAYING WE CAN'T AFFORD IT.



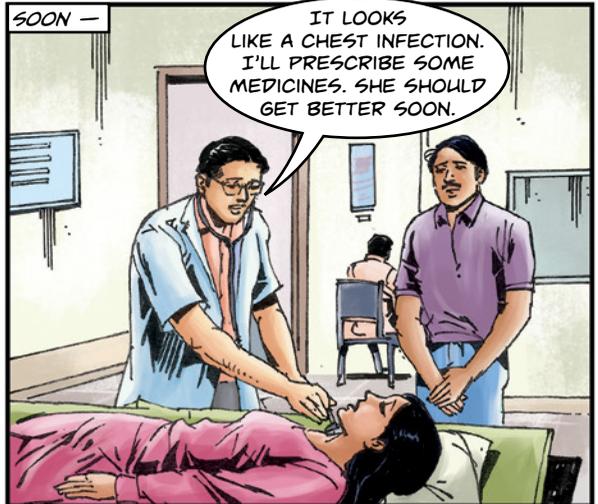
DON'T WORRY, SONAL. THERE ARE A FEW ORGANISATIONS THAT CAN HELP. JUST LIKE THE HERO OF TODAY'S STORY, SAIDUL LASKAR, WHO SET UP A HOSPITAL THAT TREATS PATIENTS AT VERY LOW RATES.



SAIDUL WAS A TAXI DRIVER WHO LIVED IN A VILLAGE CALLED PLUNRI, ON THE OUTSKIRTS OF KOLKATA. ONE DAY —

BHAIJAAN*, I'M NOT FEELING WELL. I'M FINDING IT DIFFICULT TO BREATHE.

COME ON, MARUFA, LET'S GO TO THE DOCTOR.



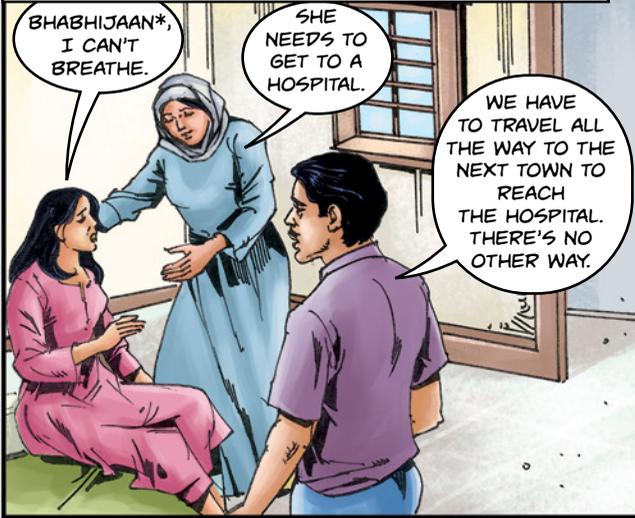
SOON —

IT LOOKS LIKE A CHEST INFECTION. I'LL PRESCRIBE SOME MEDICINES. SHE SHOULD GET BETTER SOON.

*ELDER BROTHER



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

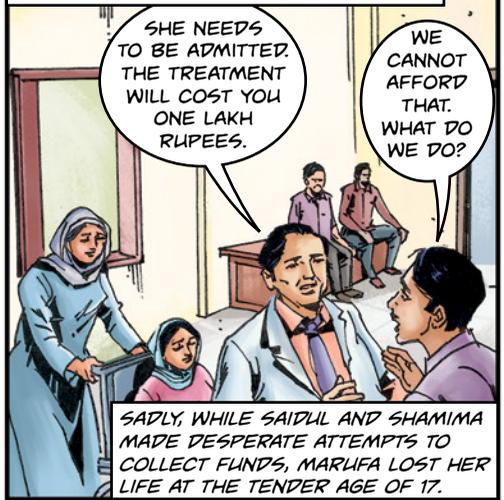


BHABHIJAAN*, I CAN'T BREATHE.

SHE NEEDS TO GET TO A HOSPITAL.

WE HAVE TO TRAVEL ALL THE WAY TO THE NEXT TOWN TO REACH THE HOSPITAL. THERE'S NO OTHER WAY.

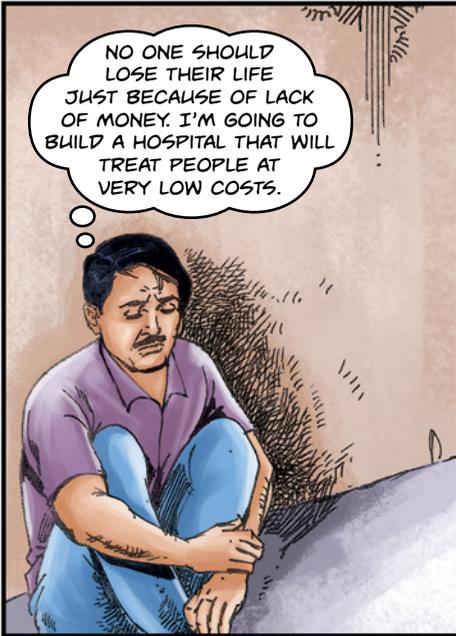
SAIDUL AND HIS WIFE, SHAMIMA, RUSHED WITH MARUFA TO THE HOSPITAL —



SHE NEEDS TO BE ADMITTED. THE TREATMENT WILL COST YOU ONE LAKH RUPEES.

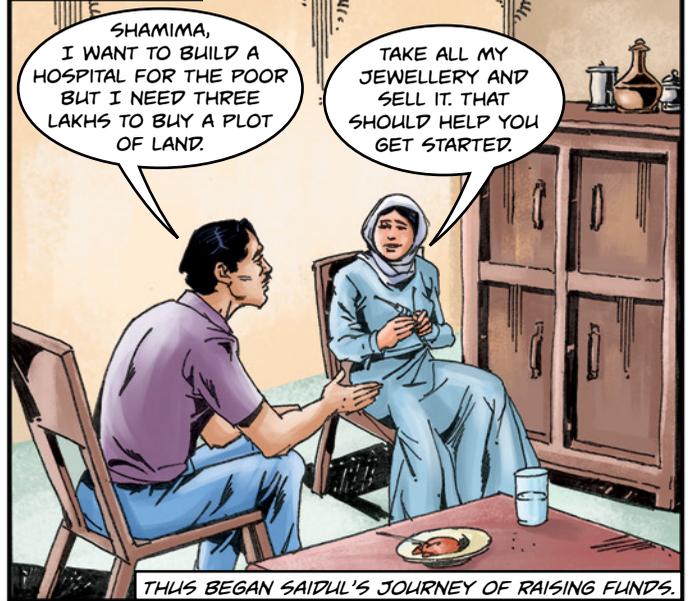
WE CANNOT AFFORD THAT. WHAT DO WE DO?

SADLY, WHILE SAIDUL AND SHAMIMA MADE DESPERATE ATTEMPTS TO COLLECT FUNDS, MARUFA LOST HER LIFE AT THE TENDER AGE OF 17.



NO ONE SHOULD LOSE THEIR LIFE JUST BECAUSE OF LACK OF MONEY. I'M GOING TO BUILD A HOSPITAL THAT WILL TREAT PEOPLE AT VERY LOW COSTS.

THE NEXT DAY —



SHAMIMA, I WANT TO BUILD A HOSPITAL FOR THE POOR BUT I NEED THREE LAKHS TO BUY A PLOT OF LAND.

TAKE ALL MY JEWELLERY AND SELL IT. THAT SHOULD HELP YOU GET STARTED.

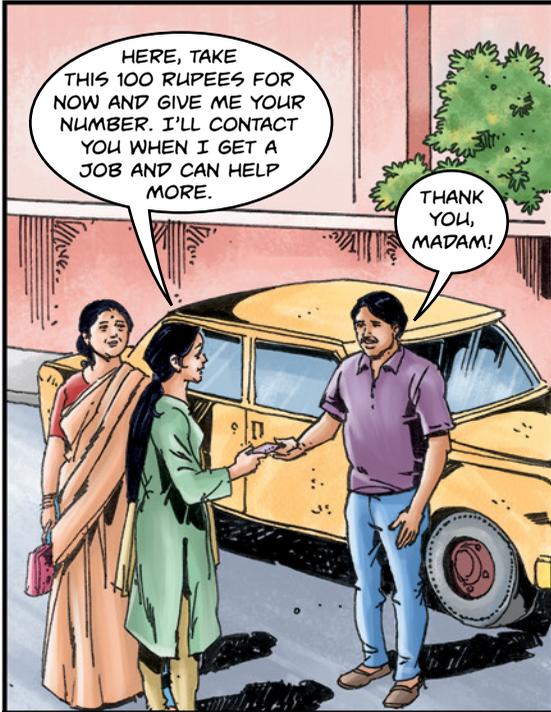
THUS BEGAN SAIDUL'S JOURNEY OF RAISING FUNDS.

HE SOON BEGAN TO ASK PASSENGERS FOR HELP.



MADAM, I'M COLLECTING DONATIONS TO START A HOSPITAL IN MY VILLAGE PUNRI. ANY CONTRIBUTION IS WELCOME.

*SISTER-IN-LAW



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

THANK YOU, MADAM!

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

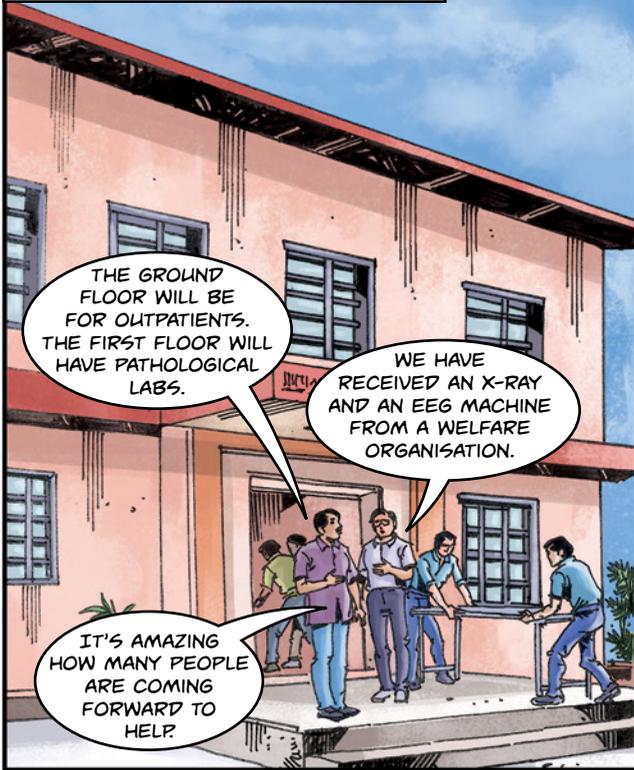


THIS IS SUCH AN HONOUR!

YOU'VE TAKEN MARUFA'S PLACE FOR US.

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

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

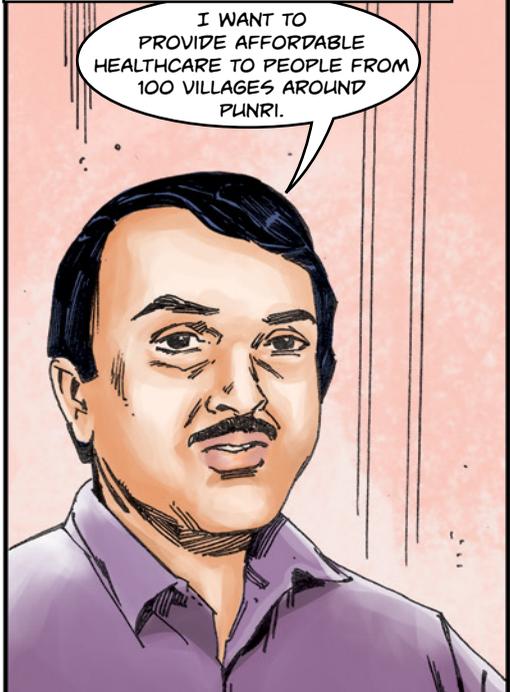


THE GROUND FLOOR WILL BE FOR OUTPATIENTS. THE FIRST FLOOR WILL HAVE PATHOLOGICAL LABS.

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

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

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



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

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



NALINI SINGH



MY YOUNGER BROTHER SAYS HE WANTS TO MAKE THE WORLD BETTER.

HOW SWEET. HOW OLD IS HE?



HE'S SEVEN. I TOLD HIM HE HAS TO WAIT TILL HE GROWS UP.

NOT NECESSARILY, SONAL. EVEN YOUNG PEOPLE CAN MAKE A DIFFERENCE. LET ME TELL YOU ABOUT NALINI SINGH.

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



CHILDREN, WE'RE STARTING 'KINDNESS WEEK' TODAY. ALL WEEK, BE KIND, DO GOOD THINGS, AND SHOW GRATITUDE.

I'LL ASK MY PAPA WHAT TO DO. HE'S A DOCTOR AND ALWAYS HELPS EVERYONE.

LATER THAT EVENING —



PAPA, I HAVE TO DO A KIND DEED FOR A SCHOOL PROJECT. YOU HELP SO MANY PEOPLE, CAN I HELP THEM TOO?

WHY NOT?

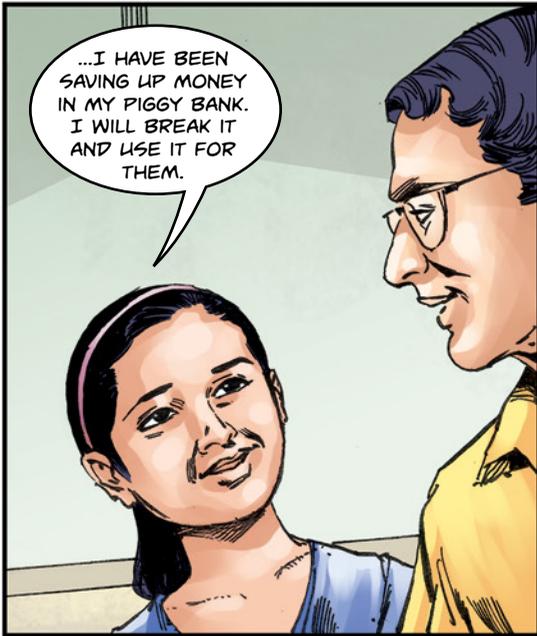


PEOPLE WITH TB NEED A LOT OF SUPPORT. THE GOVERNMENT ENCOURAGES PEOPLE TO BECOME A NIKSHAY MITRA*, A FRIEND WHO HELPS SICK PEOPLE WITH TB GET GOOD FOOD AND TREATMENT.

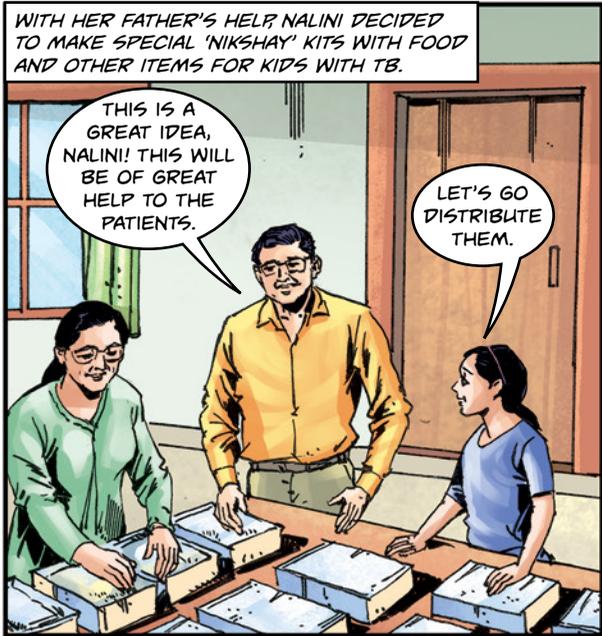
I COULD HELP THEM...

*DISTRICT IN HIMACHAL PRADESH

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



...I HAVE BEEN SAVING UP MONEY IN MY PIGGY BANK. I WILL BREAK IT AND USE IT FOR THEM.

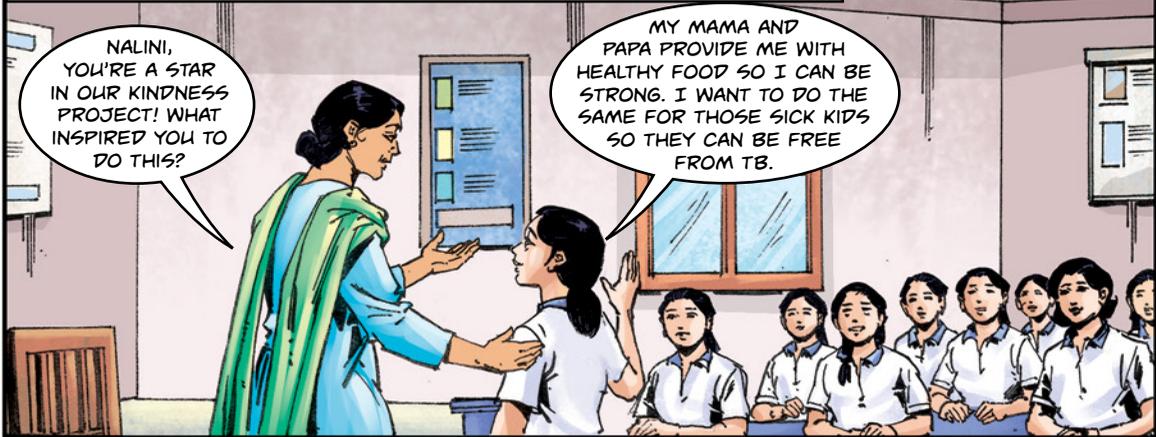


WITH HER FATHER'S HELP NALINI DECIDED TO MAKE SPECIAL 'NIKSHAY' KITS WITH FOOD AND OTHER ITEMS FOR KIDS WITH TB.

THIS IS A GREAT IDEA, NALINI! THIS WILL BE OF GREAT HELP TO THE PATIENTS.

LET'S GO DISTRIBUTE THEM.

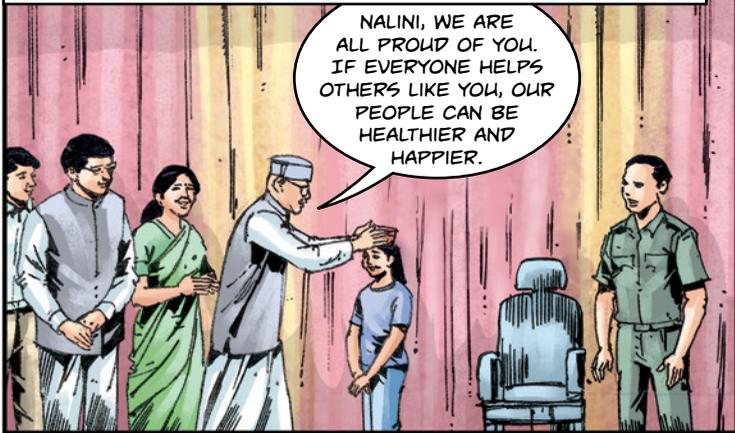
THE NEXT WEEK, AFTER NALINI SHARED HER KINDNESS IDEA WITH THE CLASS —



NALINI, YOU'RE A STAR IN OUR KINDNESS PROJECT! WHAT INSPIRED YOU TO DO THIS?

MY MAMA AND PAPA PROVIDE ME WITH HEALTHY FOOD SO I CAN BE STRONG. I WANT TO DO THE SAME FOR THOSE SICK KIDS SO THEY CAN BE FREE FROM TB.

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



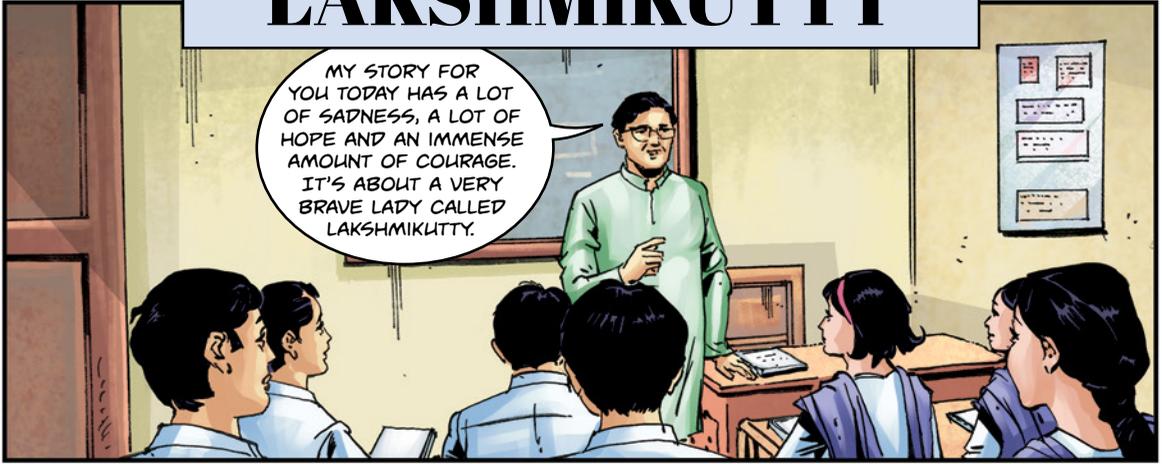
NALINI, WE ARE ALL PROUD OF YOU. IF EVERYONE HELPS OTHERS LIKE YOU, OUR PEOPLE CAN BE HEALTHIER AND HAPPIER.



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



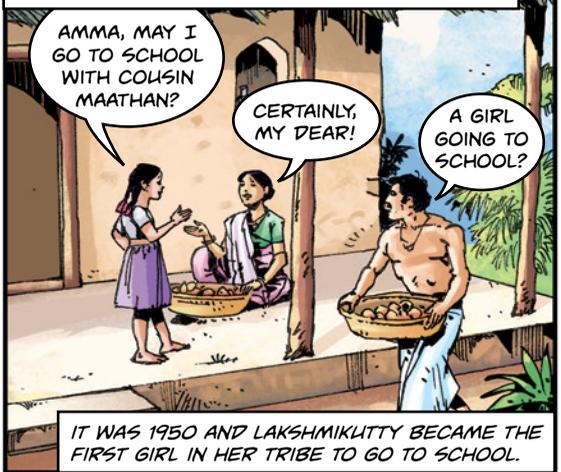
LAKSHMIKUTTY



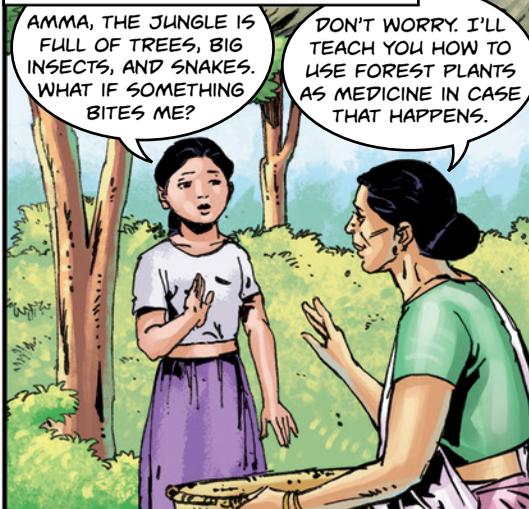
THE KAANI TRIBE LIVES IN THE WESTERN GHATS REGION OF KERALA. IN 1943, IN THE HOUSE OF THE KAANI TRIBE LEADER IN PONMUDI* —



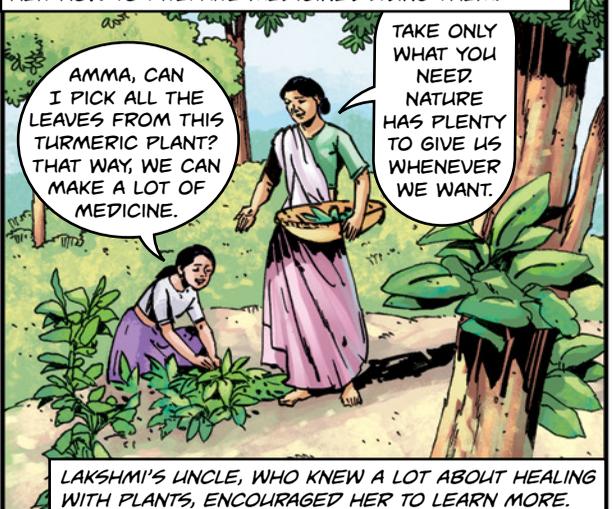
LAKSHMI'S FATHER PASSED AWAY WHEN SHE WAS TWO, AND HER MOTHER RAISED HER FOUR CHILDREN ON HER OWN. THREE YEARS LATER —



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



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

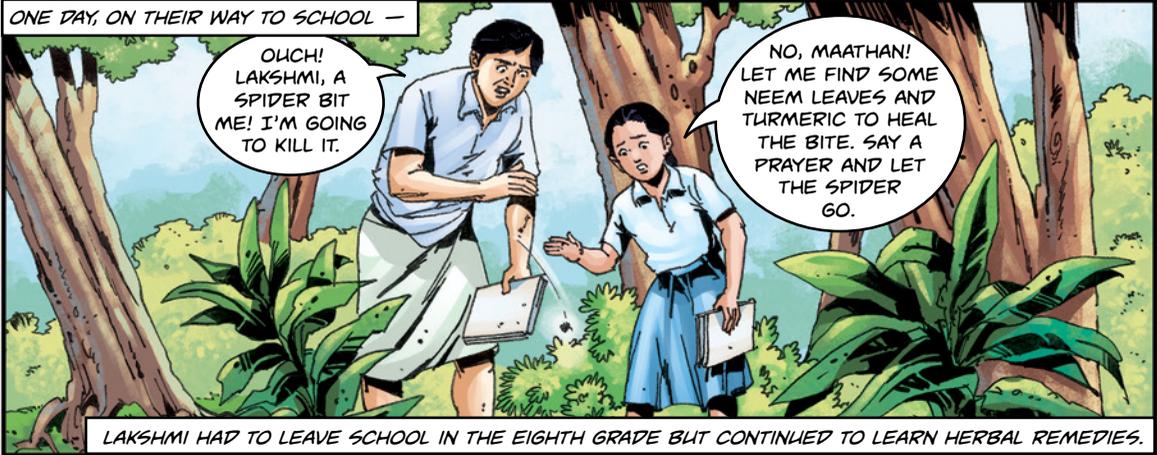


*A VILLAGE MEANING GOLDEN PEAK

†ONE WHO IS TRAINED TO ASSIST IN CHILDBIRTH



ONE DAY, ON THEIR WAY TO SCHOOL —

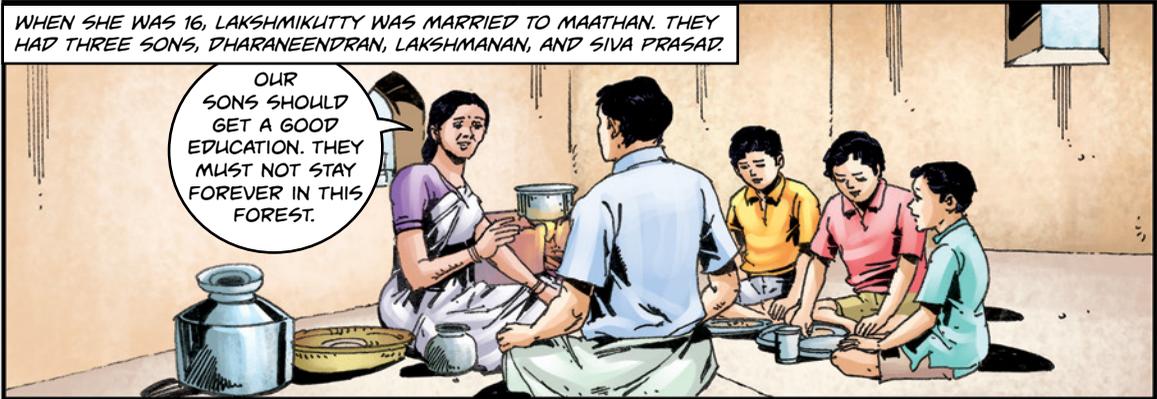


OUCH!
LAKSHMI, A
SPIDER BIT
ME! I'M GOING
TO KILL IT.

NO, MAATHAN!
LET ME FIND SOME
NEEM LEAVES AND
TURMERIC TO HEAL
THE BITE. SAY A
PRAYER AND LET
THE SPIDER
GO.

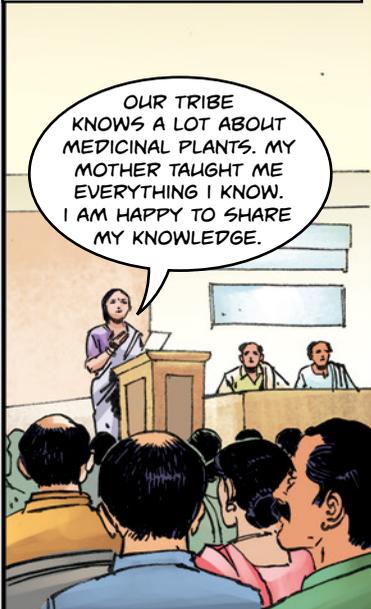
LAKSHMI HAD TO LEAVE SCHOOL IN THE EIGHTH GRADE BUT CONTINUED TO LEARN HERBAL REMEDIES.

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



OUR
SONS SHOULD
GET A GOOD
EDUCATION. THEY
MUST NOT STAY
FOREVER IN THIS
FOREST.

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



OUR TRIBE
KNOWS A LOT ABOUT
MEDICINAL PLANTS. MY
MOTHER TAUGHT ME
EVERYTHING I KNOW.
I AM HAPPY TO SHARE
MY KNOWLEDGE.

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

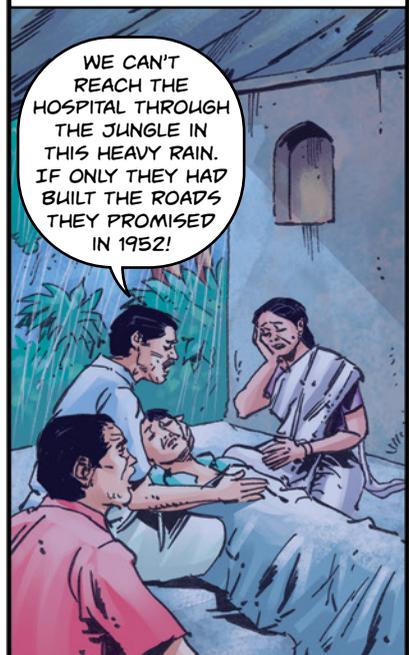


HURRY!
LET'S GET
HIM TO THE
HOSPITAL.

THERE'S
NO WAY TO GET
HELP INTO THIS
DENSE FOREST,
LAKSHMI.

DHARANEENDRAN PASSED AWAY.

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



WE CAN'T
REACH THE
HOSPITAL THROUGH
THE JUNGLE IN
THIS HEAVY RAIN.
IF ONLY THEY HAD
BUILT THE ROADS
THEY PROMISED
IN 1952!

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

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

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

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

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

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

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

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

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

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

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

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

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

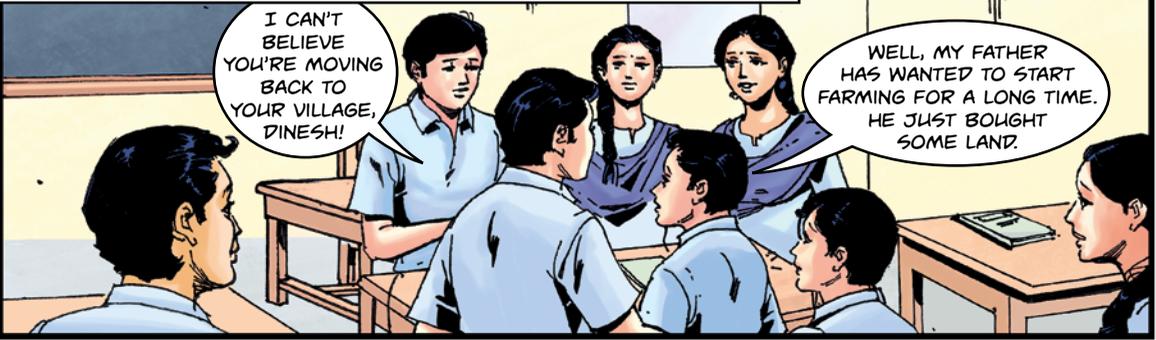
THE SAME YEAR, ON HIS RADIO SHOW, MANN KI BAAAT, PM MODI HAILED HER AS THE POISON HEALER.

TRADITIONAL KNOWLEDGE, FOREST KNOWLEDGE
 *PATERNAL GRANDMOTHER IN MALAYALAM

**GRANDMOTHER OF THE JUNGLE

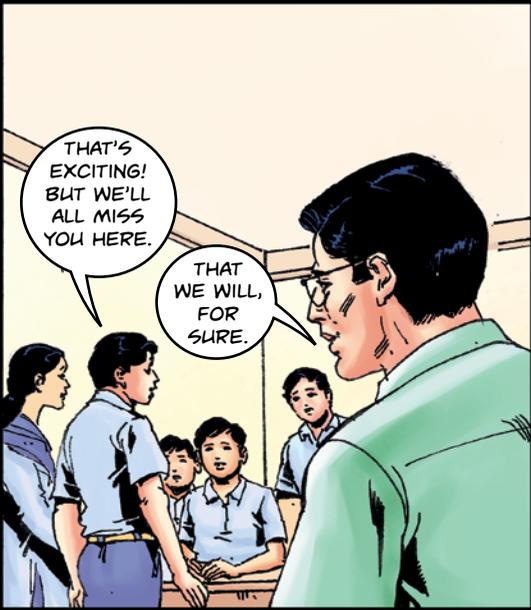
RAMA SUBBA REDDY

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



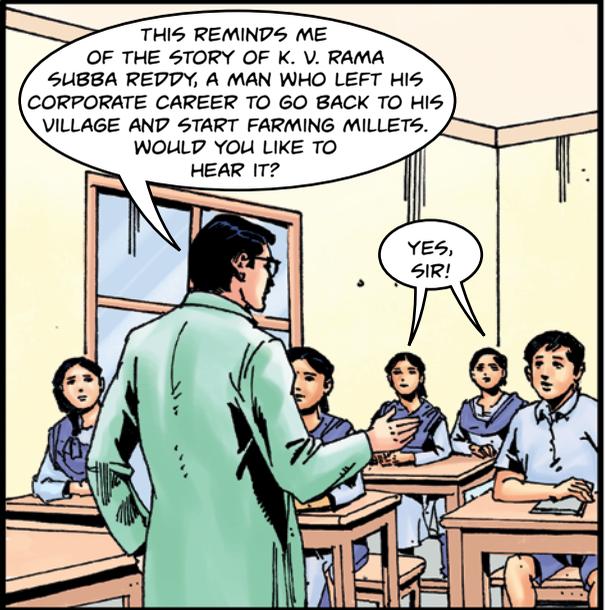
I CAN'T BELIEVE YOU'RE MOVING BACK TO YOUR VILLAGE, DINESH!

WELL, MY FATHER HAS WANTED TO START FARMING FOR A LONG TIME. HE JUST BOUGHT SOME LAND.



THAT'S EXCITING! BUT WE'LL ALL MISS YOU HERE.

THAT WE WILL, FOR SURE.



THIS REMINDS ME OF THE STORY OF K. V. RAMA SUBBA REDDY, A MAN WHO LEFT HIS CORPORATE CAREER TO GO BACK TO HIS VILLAGE AND START FARMING MILLETS. WOULD YOU LIKE TO HEAR IT?

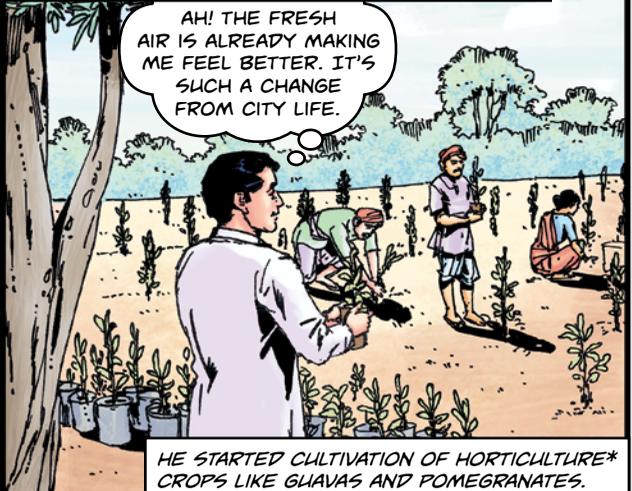
YES, SIR!

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



IS WORKING IN THE CORPORATE SECTOR MY TRUE PURPOSE? HOW I'D LOVE TO HAVE MY OWN FARM, AWAY FROM THE CITY.

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



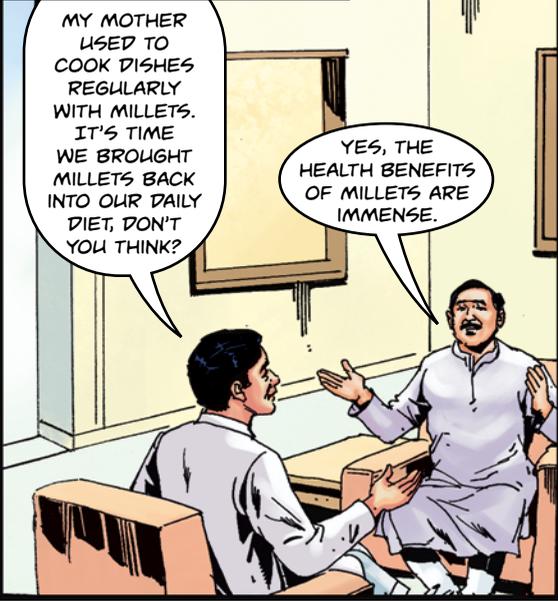
AH! THE FRESH AIR IS ALREADY MAKING ME FEEL BETTER. IT'S SUCH A CHANGE FROM CITY LIFE.

HE STARTED CULTIVATION OF HORTICULTURE* CROPS LIKE GHAVAS AND POMEGRANATES.

*BRANCH OF AGRICULTURE MAINLY DEALING WITH FRUITS AND VEGETABLES



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



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

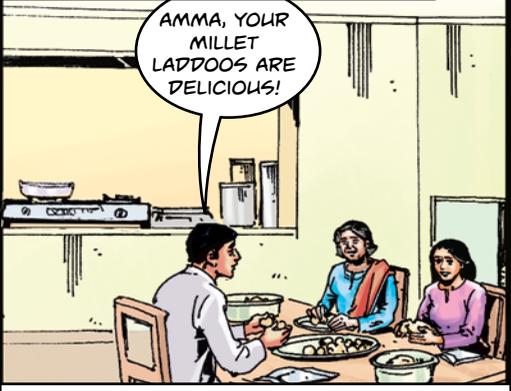
YES, THE HEALTH BENEFITS OF MILLETS ARE IMMENSE.

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



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

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



AMMA, YOUR MILLET LADDOOS ARE DELICIOUS!

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

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

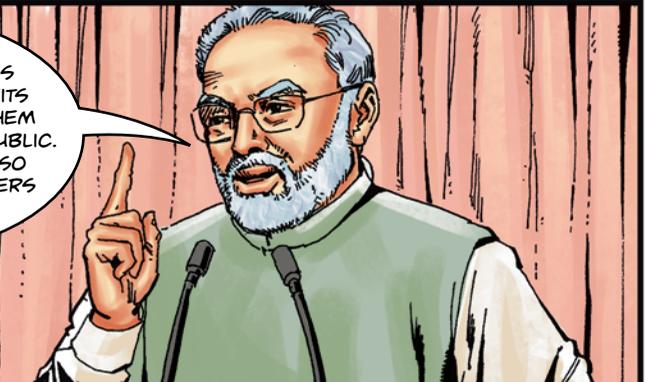


THESE LADDOOS ARE SUCH A HIT! THE MARKET FOR MILLET PRODUCTS IS GROWING.

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

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

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



*A FOOD SCIENTIST WHO REVIVED FIVE MILLETS WITH HEALING PROPERTIES





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VOL.7

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

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