

## FUNDAMENTAL NEED

Healthcare is the backbone of a healthy society and a strong nation. Accessible, efficient, and quality healthcare is not merely a policy goal; it is a basic human necessity that determines a country's social stability, economic productivity, and overall well-being. In a diverse and populous country like India, ensuring that every citizen receives timely, affordable, and effective medical care remains both a challenge and a moral responsibility.

Accessibility is the first pillar of a robust healthcare system. For millions of people, especially those living in rural, remote, and economically weaker regions, healthcare facilities are either too far, too expensive, or inadequately staffed. Physical distance from hospitals, shortage of doctors, lack of diagnostic facilities, and poor transport infrastructure often turn treatable illnesses into life-threatening conditions. Bridging this gap requires strengthening primary healthcare centers, expanding telemedicine services, and deploying mobile health units. When healthcare reaches people where they live, early diagnosis and preventive care become possible, significantly reducing the burden on tertiary hospitals.

Efficiency in healthcare delivery is equally crucial. An efficient system ensures optimal use of limited resources while minimizing delays, duplication, and wastage. Overcrowded hospitals, long waiting times, and administrative bottlenecks undermine public trust and patient outcomes. Digital health records, streamlined hospital management systems, and coordinated referral networks can greatly enhance efficiency. Public-private partnerships, if regulated transparently, can also play a vital role in improving service delivery, reducing costs, and expanding reach without compromising equity.

Quality healthcare goes beyond infrastructure and technology; it rests on skilled professionals, ethical practices, and patient-centered care. The presence of hospitals alone does not guarantee quality treatment. Well-trained doctors, nurses, and paramedical staff are indispensable to accurate diagnosis, safe procedures, and compassionate care. Continuous medical education, adherence to treatment protocols, and accountability mechanisms are essential to maintaining high standards. Equally important is patient dignity-clear communication, informed consent, and respect for individual needs must remain central to healthcare delivery. Preventive healthcare deserves greater attention in the pursuit of quality. A system focused solely on treating illness is neither sustainable nor effective. Public awareness campaigns on nutrition, sanitation, mental health, and lifestyle-related diseases can significantly reduce the incidence of chronic illnesses. Immunization programs, regular health screenings, and early intervention save both lives and resources. Investing in prevention is not an expense but a long-term investment in national health and productivity.

Affordability is the thread that connects accessibility, efficiency, and quality. High out-of-pocket expenditure continues to push families into poverty. Health insurance schemes, government-funded programs, and price regulation of essential medicines and diagnostics are critical to ensuring that quality healthcare does not remain the privilege of a few. Financial protection allows citizens to seek care without fear, encouraging timely treatment and better outcomes.

## Somnath Swabhiman Parv-A 1000 Years of Unbroken Faith (1026-2026)

■ NARENDRA MODI



Somnath...hearing this word instills a sense of pride in our hearts and minds. It is the eternal proclamation of India's soul. This majestic Temple is situated on the Western coast of India in Gujarat, at a place called Prabhavati. The Dwadasha Jyotirling Stotram mentions the 12 Jyotirlingas across India. The Stotram begins with "तीर्त्यां सोमनाथं", symbolising the civilisational and spiritual importance of Somnath as the first Jyotirling.

It is also said:

सोमनिलङ्गं नरे दृष्ट्वा सर्वपापैः प्रमुच्यते ।

लक्ष्मे फलं मनोवाङ्गिते नृतः स्वर्गं समाप्न्येते ।

It means: Just the sight of Somnath Shivaling ensures that a person is freed of sins, achieves their righteous desires and attains heaven after death.

Tragically, this very Somnath, which drew the reverence and prayers of millions, was attacked by foreign invaders, whose agenda was demolition, not devotion.

The year 2026 is significant for the Somnath Temple. It has been 1,000 years since the first attack on this great shrine. It was in January of 1026 that Mahmud of Ghazni attacked this Temple, seeking to destroy a great symbol of faith and civilisation, through a violent and barbaric invasion.

Yet, one thousand years later, the Temple stands as glorious as ever because of numerous efforts to restore Somnath to its grandeur. One such milestone completes 75 years in 2026. It was during a ceremony on May 11th 1951, in the presence of the then President of India, Dr. Rajendra Prasad, that the restored Temple opened its doors to devotees.

The first invasion of Somnath a thousand years ago in 1026, the cruelty that was unleashed upon the people of the town and the devastation that was inflicted upon the shrine have been documented in great detail in various historical accounts. When you read them, the heart trembles. Each line carries the weight of grief, cruelty and a sorrow that refuses to fade with time.

Imagine the impact it had on Bharat and the morale of the people. After all, Somnath had great spiritual significance. It was also on



the coast, giving strength to a society with great economic prowess, whose sea traders and seafarers carried tales of its grandeur far and wide.

Yet, I am proud to state unequivocally that the story of Somnath, a thousand years after the first attack, is not defined by destruction. It is defined by the unbreakable courage of scores of children of Bharat Mata.

The medieval barbarism that began a thousand years ago in 1026 went on to 'inspire' others to repeatedly attack Somnath. It was the start of an attempt to enslave our people and culture. But, each time the Temple was attacked, we also had great men and women who stood up to defend it and even made the ultimate sacrifice. And every single time, generation after generation, the people of our great civilisation picked themselves up, rebuilt and rejuvenated the Temple. It is our privilege to have been nurtured by the same soil that has nurtured greats like Ahilyabai Holkar, who made a noble attempt to ensure devotees can pray at Somnath.

In the 1890s, Swami Vivekananda visited Somnath and that experience moved him. He expressed his feelings during a lecture in Chennai in 1897 when he said, "Some of these old temples of Southern India and those like Somnath of Gujarat will teach you volumes of wisdom, will give you a keener insight into the history of the race than any amount of books. Mark how these temples bear the marks of a hundred attacks and a hundred regenerations, continually destroyed and continually springing up out of the ruins, rejuvenated and strong as ever! That is the national mind, that is the national life-current. Follow it and it leads to glory. Give it up and you die; death

will be the only result, annihilation, the only effect, the moment you step beyond that life current."

The sacred duty of rebuilding the Somnath Temple after independence came to the able hands of Sardar Vallabhbhai Patel. A visit during Diwali time in 1947 moved him so much that he announced that the Temple will be rebuilt there. Finally, on May 11th 1951, a grand Temple in Somnath opened its doors to devotees and Dr. Rajendra Prasad was present there. The great Sardar Sahib was not alive to see this historic day, but the fulfilment of his dream stood tall before the nation. The then Prime Minister, Pandit Jawaharlal Nehru, was not too enthused with this development. He did not want the Honourable President as well as Ministers to associate with this special event. He said that this event created a bad impression of India. But Dr. Rajendra Prasad stood firm and the rest is history. No mention of Somnath is complete without recalling the efforts of KM Munshi, who supported Sardar Patel very effectively. His works on Somnath, including the book, 'Somanatha: The Shrine Eternal', are extremely informative and educative.

Indeed, as the title of Munshi Ji's book conveys, we are a civilisation that carries a sense of conviction about the eternity of spirit and of ideas. We firmly believe that that which is eternal is indestructible, as outlined in the famous Gita verse "नैन छिद्यति शस्त्राणि". There can be no better example of our civilisation's indomitable spirit than Somnath, which stands gloriously, overcoming odds and struggles.

It is this same spirit that is visible in our nation, one of the brightest spots of global

growth, having overcome centuries of invasions and colonial loot. It is our value systems and the determination of our people that have made India the centre of global attention today. The world is seeing India with hope and optimism. They want to invest in our innovative youngsters. Our art, culture, music and several festivals are going global. Yoga and Ayurveda are making a worldwide impact, boosting healthy living. Solutions to some of the most pressing global challenges are coming from India.

Since time immemorial, Somnath has brought together people from different walks of life. Centuries ago, Kalikal Sarvagna Hemchandracharya, a respected Jain monk, came to Somnath. It is said that after praying there, he recited a verse, "भर्तीताङ्गुरुजना रापांतिः क्षयुपाता यस्या". It means - Salutations to That One in whom the seeds of worldly becoming are destroyed, in whom passion and all afflictions have withered away." Today, Somnath holds the same ability to awaken something profound within the mind and soul.

A thousand years after the first attack in 1026, the sea at Somnath still roars with the same intensity as it did back then. The waves that wash the shores of Somnath tell a story. No matter what, just like the waves, it kept rising again and again.

The aggressors of the past are now dust in the wind, their names synonymous with destruction. They are footnotes in the annals of history, while Somnath stands bright, radiating far beyond the horizon, reminding us of the eternal spirit that remained undiminished by the attack of 1026. Somnath is a song of hope that tells us that while hate and fanaticism may have the power to destroy for a moment, faith and conviction in the power of goodness have the power to create for eternity.

If the Somnath Temple, which was attacked a thousand years ago and faced continuous attacks thereon, could rise again and again, then we can surely restore our great nation to the glory it embodied a thousand years ago before the invasions. With the blessings of Shree Somnath Mahadev, we move forward with a renewed resolve to build a Viksit Bharat, where civilisational wisdom guides us to work for the welfare of the whole world.

Jai Somnath!

**(The writer is the Prime Minister of India and is also the Chairman of the Shree Somnath Trust)**

## Mission YUVA: From aspiration to enterprise

Guided by the Prime Minister's vision of "Viksit Bharat 2047," Jammu & Kashmir is today scripting a new chapter of self-reliance and entrepreneurship. At the heart of this transformation stands Mission YUVA, a historic initiative that is connecting the youth of the Union Territory with skills, opportunities and dignity, while fundamentally reshaping the idea of employment.

Conceived by the Government of Jammu & Kashmir in collaboration with IIM Jammu, NABARD, J&K Bank, other financial institutions and livelihood experts, Mission YUVA is rooted in data-driven planning and institutional reform. At the time of its conceptualization, the Government undertook a diagnostic assessment of the region's employment and entrepreneurship ecosystem. The assessment revealed that unemployment was not merely a function of limited jobs or finance, but of a disconnect between aspiration and access-where entrepreneurial intent existed, but systems to nurture it were weak.

On the demand side gaps, entrepreneurship was constrained by fear of failure, lack of guidance and limited awareness of schemes and credit products. Many youth perceived enterprise creation as risky, bureaucratic and inaccessible, preferring low-paying daily wage work over uncertain entrepreneurial journeys.

On the supply side, the absence of a dedicated grassroots institutional framework for entrepreneurship, limited capacity at the field level, weak linkage with academic institutions and complexity in banking processes further restricted enterprise creation. Importantly, there was little handholding after loan rejection, leaving aspiring entrepreneurs without direction.

At the district level, District Level Implementation Committees (DLICs) chaired by Deputy Commissioners

Mission YUVA was therefore designed not as a standalone scheme, but as a comprehensive ecosystem intervention.

A defining feature of Mission YUVA is its evidence-based design. A comprehensive baseline survey covering over 24 lakhs households and more than 1.1 crore individuals identified 5.5 lakhs potential entrepreneurs across the Union Territory. This unprecedented exercise provided the Mission with a strong empirical foundation.

Designed for youth in the age group of 18-59 years, Mission YUVA aims to facilitate the creation of 1.37 lakh enterprises through four focused interventions: creation of Nano Enterprises, establishment of new MSMEs in sunrise and priority sectors, acceleration of existing enterprises, and promotion of neo-innovative enterprises. Through these integrated interventions, the Mission seeks to generate approximately 4.25 lakh employment opportunities over a period of five years. Implemented by the Labour & Employment Department with active support from district administrations, the Mission focuses on structured credit linkage, institutional facilitation and sustained hand-holding to ensure enterprise viability.

Mission YUVA is supported by a robust governance structure. Progress is monitored at the apex level personally by the Chief Secretary, with strategic oversight from the Administrative Secretary, Labour & Employment Department. A dedicated Mission Director provides focused administrative leadership.

At the district level, District Level Implementation Committees (DLICs) chaired by Deputy Commissioners

oversee scrutiny and approval of proposals, convergence with line departments and coordination with banks. Small Business Development Units (SBDUs) at the district level, and Business Help Desk (BHDs) at the Sub-division level function as the Mission's operational arm, providing end-to-end support from awareness generation and DPR preparation to loan facilitation, post-sanction monitoring and business sustenance.

Mission YUVA is anchored on a four-pillar framework-Culture, Capital, Capacity and Connectivity, each addressing a critical constraint in the entrepreneurial ecosystem.

The first pillar focuses on changing mindsets. Over 2,000 YUVA Doots were trained and deployed across the Union Territory, conducting more than 5,000 awareness camps in panchayats and urban wards. Special campaign under Udyam Jagriti has been launched in phases. Special emphasis was placed on first-generation entrepreneurs, women in general and particularly those already part of SHGs and youth from remote and border areas. The objective was clear-to normalise entrepreneurship as a respectable and achievable livelihood option, and to inspire youth to become job creators rather than job seekers.

Under the Capital pillar, Mission YUVA introduced a transformative intervention-the Nano Enterprise concept, implemented for the first time at scale within micro-enterprise financing. Secondary research and baseline survey findings revealed that most aspiring entrepreneurs wished to start businesses in the 5-6 lakh investment range. By legitimising small, low-risk and locally viable enterprises, the Nano model made entrepreneurship approachable and reduced fear of over-leverage.

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Over-identification with the Mind

Krishna reminds us that we are not just our thoughts or feelings. Depression often develops when we think every negative thought defines who we are.

Why Does Depression Arise?

Through Krishna's guidance, we see several clear causes:

**Attachment and Expectations**

Krishna explains that intense attachment to outcomes, people, or

identities-leads to suffering. When reality does not meet our expectations, disappointment fills the mind and can gradually turn into depression.

**Loss of Purpose (Dharma)**

Arjuna's sadness deepens because he forgets his dharma-his true purpose. Similarly, when we feel lost, aimless, or disconnected from meaning, our minds can feel empty.

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Nano Enterprises receive 25 percent capital subsidy and 5 percent interest subvention, while MSMEs in focus sectors such as agri tech, food processing, renewable energy, tourism and IT receive 6 percent interest subvention. This structure ensures that access to capital becomes an enabler rather than a barrier. Also, there is provision of acceleration of existing enterprises which receive 6 percent interest subvention.

Mission YUVA also corrected the urban bias of earlier schemes by expanding outreach and receiving applications from over 95 percent of panchayats, ensuring that entrepreneurship promotion reached remote and border areas and became a household-level aspiration.

Capacity building under Mission YUVA was designed as a continuous capability creation process. A Hybrid Course Model combines curated digital content from the Skill India Digital Hub with instructor-led classroom delivery. This blended approach ensures conceptual clarity while addressing digital literacy gaps among first-generation entrepreneurs.

The curriculum covers entrepreneurship fundamentals, financial literacy, digital skills, cyber security awareness and introductory concepts of Artificial Intelligence. Training follows a rolling model-5,500 applicants have completed training, 2,500 are currently undergoing training, and 1,500 are registered for upcoming batches-creating a steady pipeline of digitally and financially capable entrepreneurs.

This is reinforced through a dual system of training, combining institutional instruction with community-driven Enterprise mentorship. Mentors drawn from local communities provide contextual guidance, building trust and transforming entre-

preneurship from an individual risk into a collective journey.

The Connectivity pillar integrates enterprises with markets and digital platforms. Leveraging the Open Network for Digital Commerce (ONDC), the J&K Seller App enables local products to reach national markets. Innovation is further supported through two Innovation Hubs at IIM Jammu and 14 Incubation Centres across universities, with government funding of up to 20 lakh for innovative projects.

The entire Mission YUVA initiative is driven through the Mission YUVA App and Portal, developed by BISAGN as a secure, end-to-end digital platform. The App integrates a AI based DPR generator, a Skill Learning Hub with over 25,000 videos, and information on career pathways and employment opportunities, creating a comprehensive digital ecosystem for aspiring entrepreneurs. It enables seamless application, real-time tracking, and transparent processing across departments and banks, significantly reducing procedural hurdles.

The Mission YUVA Application and Portal incorporate a robust Output Tracking framework to ensure transparency, accountability, and sustainability of supported enterprises. The system mandates structured reporting through Work-in-Progress, Completion, and Sustenance Reports, each subjected to multi-level verification.

Only enterprises that successfully clear the prescribed verification stages are showcased in the live UDYAM Gallery, enabling real-time public visibility of verified and operational enterprises. This digital mechanism ensures outcome-based monitoring while reinforcing credibility and enterprise trust in the Mission's delivery architecture.

By anchoring Mission YUVA on this technology platform, the initiative ensures speed, transparency and inclusion-right up to the grassroots.

Mission YUVA's outcomes reflect both scale and depth. The Mission has recorded 1,59,327 registrations, with 65,353 applications submitted. Through a structured, multi-tier process, 44,857 proposals were approved, 13,324 cases sanctioned by banks, and 10,329 entrepreneurs have already received disbursements.

Banks have sanctioned loans worth Rs 756.28 crore, with Rs 594 crore disbursed. An average project cost of Rs 6.59 lakh underscores the Mission's focus on inclusive, employment-intensive enterprises. Notably, over 77 percent of sanctioned cases have already been disbursed.

Together, these outcomes demonstrate that Mission YUVA has moved decisively from policy intent to delivery at scale, transforming entrepreneurship into a people-led movement across Jammu & Kashmir. By placing special emphasis on first-generation entrepreneurs, women particularly those associated with Self-Help Groups and youth from remote and border areas, the Mission has normalised entrepreneurship as a respectable and achievable livelihood option, inspiring young people to become job creators rather than job seekers. Anchored in evidence from baseline surveys and secondary research, the introduction of the Nano Enterprise model-tailored to the widely preferred Rs 5-6 lakh investment range has provided a credible, low-risk entry point into enterprise creation, firmly advancing the vision of Atmanirbhar Bharat as a lived economic reality across the Union Territory.

## Inside the Struggle of Depression

**Shri Krishna's Message for a Troubled Mind**

Krishna does not ignore Arjuna's pain. He listens and understands. Then he gently guides him. This is powerful: pain deserves compassion, not judgment.

**Krishna teaches:**

You are more than this moment. Emotions change; the self remains.

Act without being overwhelmed by results. Do your best, but don't let outcomes define your worth.

Balance is strength. Caring for the mind is just as important as discipline or success.

Most importantly, Krishna offers

hope through wisdom. He does not guarantee a life without challenges but shows a way to navigate those challenges with clarity and courage.

**Depression Is Not the End**

If Arjuna could rise again after collapsing, then so can anyone. Depression is not a final destination; it is often a message-a call to pause, seek help, reconnect with meaning, and practice kindness toward oneself.

**Shri Krishna's teachings**