

#### PRESS INFORMATION BUREAU

# ( Research Unit ) Ministry of Information and Broadcasting Government of India



# NFHS-5: Uptick in Health Indicators across India

Uttar Pradesh shows marked improvement in health sector

(Ministry of Health and Family Welfare)

December 20, 2021

"आज बदलते हुए भारत में देश की बहनों-बेटियों के पास भी आगे बढ़ने के अवसर बढ़ रहे हैं। घर, शौचालय, बिजली, पानी, गैस, जैसी सुविधाओं से सभी बहनों को जोड़ा जा रहा है। बहनों-बेटियों की शिक्षा, स्वास्थ्य, पोषण, टीकाकरण और दूसरी ज़रूरतों पर भी सरकार पूरी संवेदनशीलता से काम कर रही है।"

Prime Minister Shri Narendra Modi<sup>1</sup>

### Introduction

India has made considerable progress in the sector of health as the Government of India is working tirelessly towards providing accessible, affordable and quality health care and related infrastructure to the entirety of the population, especially the vulnerable groups - those residing in rural areas, the poor, women and children.

The National Family Health Survey (NFHS-5) of 2019-21 released by the Ministry of Health & Family Welfare (MoHFW) on the 24<sup>th</sup> November 2021, captures this progress. As stated by Dr. Vinod Kumar Paul, Member (Health), NITI Aayog, NFHS-5 clearly indicates that the "momentum towards achieving the Sustainable Development Goals (SDG) is getting accelerated." The survey has shown progress on demographic and health indicators such as the total fertility rate (TFR), women's education, child mortality rates, pointing to coverage of immunisation, antenatal care (ANC), institutional deliveries amongst other indicators. There has also been progress across family health indicators in the surveyed Phase II states — Bihar, Chhattisgarh, Jharkhand, Madhya Pradesh, Odisha, Rajasthan, Uttarakhand, and Uttar Pradesh.

Especially in the sector of Maternal and Child Health, this progress has been accelerated due to several initiatives such as the National Rural Health Mission (NRHM)<sup>2</sup>, Surakshit Matritva Aashwasan (SUMAN), Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) amongst others.

## Initiatives & Interventions by the Government of India towards Maternal & Child Health:

The Government adopted the Reproductive, Maternal, New-born, Child and Adolescent Health (RMNCH+A) framework in 2013. It essentially aims to address the major causes of mortality and morbidity among women and children. This framework also helps to understand the delays in accessing and utilizing health care services. Based on the framework, comprehensive care is provided to women and children through five pillars or thematic areas of reproductive, maternal, neonatal, child, and adolescent health. The programmes and strategies developed by various divisions are guided by central tenets of equity, universal care, entitlement, and accountability to provide 'continuum of care' ensuring equal focus on various life stages.

<sup>&</sup>lt;sup>1</sup> https://twitter.com/PMOIndia/status/1425730069490585603?s=20

<sup>&</sup>lt;sup>2</sup> https://nhm.gov.in/index1.php?lang=1&level=1&lid=49&sublinkid=969

• Launched on the 10<sup>th</sup> October 2019, the <u>Surakshit Matritva Aashwasan (SUMAN)</u> aims to provide assured, dignified, respectful and quality healthcare, at no cost and zero tolerance for denial of services, for every woman and new-born visiting the public health facility in order to end all preventable maternal and new-born deaths and morbidities and provide a positive birthing experience. Under SUMAN, all existing schemes for maternal and neonatal health have been brought under one umbrella in order to create a comprehensive and cohesive initiative which goes beyond entitlements and provides a service guarantee for the entitlements.

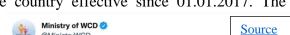


We began the POSHAN Abhiyaan with an unwavering commitment to ensure proper nutrition facilities for our women and children. India will progress when our youth and Nari Shakti are healthy. Here is my speech at Jhunjhunu, Rajasthan today. facebook.com/PMOIndia/video...



1,314 Retweets 29 Quote Tweets 4,727 Likes

- Launched in March 2018, <u>Poshan Abhiyaan</u> aims to address the problem of malnutrition in the Country. The goal of <u>POSHAN Abhiyaan</u> is to improve nutritional outcomes for children from 0-6, Adolescent Girls, Pregnant Women and Lactating Mothers in a time bound manner and reduction in stunting, wasting in children (0-6 years) as well as reduction of anaemia in Women and children.
- LaOshya Programme<sup>3</sup> was launched in 2017 to improve quality of care in Labour Room and Maternity Operation Theatres (OTs) in public health facilities. The programme is evidence based approach to improve quality of maternal and new-born care and provide respectful care, particularly during the intrapartum and postpartum periods, which are the most vulnerable periods for a woman and contribute to a significant proportion of maternal deaths.
- <u>Pradhan Mantri Matru Vandana Yojana</u><sup>4</sup> (PMMVY) is a Conditional Cash Transfer maternity benefit programme implemented in all districts of the country effective since 01.01.2017. The
  - maternity benefit under this scheme is available to eligible beneficiaries for first living child of the family and Rs.5,000/- is provided to the eligible beneficiary in three instalments during pregnancy and lactation in response to individual fulfilling certain nutrition and health seeking condition.
- Pradhan Mantri Mahila Shakti Kendra Scheme was approved in November, 2017 as a centrally sponsored scheme to empower rural women through community participation. The Scheme was envisaged to work at various levels. While, National level (domain-based knowledge support) and State level (State Resource Centre for women) structures will provide technical support to the respective governments on issues related to women, the districts and block level Centres will provide support to Mahila Shakti Kendra and also give foothold to women empowerment schemes including BBBP in 640 districts to be covered in a phased manner.



Aiming to provide an interface for rural women to approach the government for availing of their entitlements, Mahila Shakti Kendras have been set up to empower rural women with skills, training, capacity building and digital literacy.
#IWD2020 #EachForEqual



<sup>&</sup>lt;sup>3</sup> https://laqshya.nhp.gov.in/

<sup>4</sup> https://wcd.nic.in/sites/default/files/FINAL%20PMMVY%20%28FAQ%29%20BOOKELT.pdf

- Launched in June 2016, the <u>Pradhan Mantri Surakshit Matritva Abhiyaan (PMSMA)</u> provides fixed day, free of cost assured and quality Antenatal Care to all pregnant women in the country. The Abhiyan also involves private sector's health care providers as volunteers to provide specialist care in Government facilities.
- Padhao (BBBP) aims to address the issue of decline in Child Sex Ratio and create an enabling environment for education of the girl child. It is a triministerial, convergent effort of Ministries of Women and Child Development, Health & Family Welfare and Human Resource Development. The key elements of the scheme include nation-wide



awareness, advocacy campaign and multi-sectoral intervention.

- Launched in 2011, the <u>Janani Shishu Suraksha Karyakaram</u><sup>5</sup> aims to motivate those who still choose to deliver at their homes to opt for institutional deliveries. It is an initiative with a hope that states would come forward and ensure that benefits under JSSK would reach every needy pregnant woman coming to government institutional facility.
- Under the <u>Janani Suraksha Yojana (JSY)</u>, the eligible beneficiary also receives the remaining cash incentive as per approved norms towards maternity benefit so that on an average, a woman gets Rs.6,000/-. JSY is a safe motherhood intervention under the NRHM being implemented with the objective of reducing maternal and neo-natal mortality by **promoting institutional delivery among the poor pregnant women**. The scheme focuses on the poor pregnant woman with special dispensation for states having low institutional delivery rates namely the states of Uttar Pradesh, Uttaranchal, Bihar, Jharkhand, Madhya Pradesh, Chhattisgarh, Assam, Rajasthan, Orissa and Jammu and Kashmir.
- Announced in 2003 and launched in 2006, the <u>Pradhan Mantri Swasthya Suraksha Yojana (PMSSY)</u> was announced with objectives of correcting regional imbalances in the availability of affordable/ reliable tertiary healthcare services and also to augment facilities for quality medical education in the country by setting up of various institutions like AIIMS and upgrading government medical college institutions.

As on date, establishment of 22 new AIIMS and 75 projects of upgradation of Government Medical Colleges (GMCs)/Institutes have been sanctioned under PMSSY.

- ➤ Out of 22 new AIIMS sanctioned under PMSSY, 6 AIIMS, which were sanctioned in first phase i.e., AIIMS at Bhopal, Bhubaneswar, Jodhpur, Patna, Raipur and Rishikesh are functional. Limited facilities for treatment of Covid-19 patients have also been started at AIIMS Mangalagiri, Nagpur, Rae Bareli, Gorakhpur, Kalyani, Bibinagar and Bathinda. Covid Test Labs are also functional in these AIIMS.
- ▶ 13 existing Government Medical College (GMC) institutions spread over 10 States have been upgraded with an outlay of Rs. 120 crores (Rs. 100 crores from Central Government and Rs. 20 crores from State Government) for each institution.

<sup>&</sup>lt;sup>5</sup> https://pib.gov.in/PressReleasePage.aspx?PRID=1606211

Since inception of the scheme, 46 projects of Super Speciality Hospitals / Trauma Centre in existing Govt Medical Colleges / Institutions have been completed, adding more than 10000 Super-specialty beds including 2000 ICU beds. Following 3 projects have been completed during this year.

S. No.	Name of the GMC/Institute	State	Phase	Type of facility	Total Beds	ICU Beds	No of Super Specialities
1.	GMC Yavatmal	Maharashtra	III	SSH	231	36	6
2.	GMC Indore	Madhya Pradesh	II	SSH	218	54	10
3.	MLN Medical College, Allahabad	Uttar Pradesh	III	SSH	233	52	8

Source

- Launched in 1975, <u>Integrated Child Development Scheme (ICDS)</u><sup>6</sup> was a unique early childhood development programme, aimed at addressing malnutrition, health and also development needs of young children, pregnant and nursing mothers. It was launched to improve the nutrition and health status of children in the age group of 0-6 years, lay the foundation for proper psychological, physical and social development of the child, effective coordination and implementation of policy among the various departments and to enhance the capability of the mother to look after the normal health and nutrition needs through proper nutrition and health education. This Centrally Sponsored Scheme, is anchored by Ministry of Women and Child Development (MoWCD), Government of India (GoI).
  - Scheme for Adolescent Girls<sup>7</sup>: Under this scheme, out of school adolescent girls in the age group of 11-14 years are provided supplementary nutrition under ICDS containing 600 calories, 18-20 grams of protein and micronutrients for 300 days in a year. Under the non-nutrition component, the scheme aims at motivating out of school girls in the age group of 11-14 years to return to formal schooling or skill training and several services like IFA supplementation, health check-up and referral services are provided to the beneficiaries. The focus of the scheme is to mainstream out of school adolescent girls into formal education system
  - Anganwadi Services: Anganwadi Services under Umbrella Integrated Child Development Services (ICDS) Scheme is a centrally sponsored scheme, aiming at holistic development of children below 6 years of age and pregnant women & lactating mothers, by providing a package of six services comprising (i) Supplementary nutrition; (ii) Pre-school non-formal education; (iii) Nutrition and health Education; (iv) Immunization; (v) Health check-up; and (vi) Referral services through Anganwadi Centres at grassroots level. Three of the six services viz., immunization, health check-up and referral services are related to health and are provided by Ministry of Health and Family Welfare through NRHM & Public Health Infrastructure.

<sup>8</sup> Ibid.

<sup>&</sup>lt;sup>6</sup> https://darpg.gov.in/sites/default/files/ICDS.pdf

<sup>&</sup>lt;sup>7</sup> https://pib.gov.in/PressReleaseIframePage.aspx?PRID=1658302

# National Family Health Survey (NFHS-5)9

The Ministry of Health & Family Welfare (MoHFW) released the National Family Health Survey (NFHS-5) of the 2019-21 on 24<sup>th</sup> November 2021. It comprises of Factsheets of key indicators on population, reproductive and child health, family welfare, nutrition and others for India and 14 States/UTs (clubbed under Phase-II). The States and UTs which were surveyed in the Phase-II were Arunachal Pradesh, Chandigarh, Chhattisgarh, Haryana, Jharkhand, Madhya Pradesh, NCT of Delhi, Odisha, Puducherry, Punjab, Rajasthan, Tamil Nadu, Uttar Pradesh and Uttarakhand. The findings of NFHS-5 in respect of 22 States & UTs covered in Phase-I were released in December, 2020.

The NFHS-5 survey work was conducted in around 6.1 lakh sample households from 707 districts (as on March, 2017) of the country; covering 724,115 women and 101,839 men to provide disaggregated estimates up to district level.

#### The key results from India and Phase-II States/UTs NFHS-5 Factsheets areas below:

- The Total Fertility Rates (TFR), an average number of children per women has further declined from 2.2 to 2.0 at the national level and all 14 States/UT's ranging from 1.4 in Chandigarh to 2.4 in Uttar Pradesh. All Phase-II States have achieved replacement level of fertility (2.1) except Madhya Pradesh, Rajasthan, Jharkhand and Uttar Pradesh.
- Overall Contraceptive Prevalence Rate (CPR) has increased substantially from 54% to 67% at all-India level and in almost all Phase-II States/UTs with an exception of Punjab. Use of modern methods of contraceptives has also increased in almost all States/UTs.
- Unmet needs of family Planning have witnessed a significant decline from 13 per cent to 9 per cent at all-India level and in most of the Phase-II States/UTs. The unmet need for spacing which remained a major issue in India in the past has come down to less than 10 per cent in all the States except Jharkhand (12%), Arunachal Pradesh (13%) and Uttar Pradesh (13%).
- Full immunization drive among children aged 12-23 months has recorded substantial improvement from 62 per cent to 76 per cent at all-India level.11out of 14 States/UTs has more than three-fourth of children aged 12-23 months with fully immunization and it is highest (90%) for Odisha.
- On comparing NFHS-4 and NFHS-5 data, the increase in full immunization coverage is observed to be expeditious in many states and UTs; More than 50 per cent of Phase-II States/ UTs are sharing over 10 percentage points during the short span of 4 years. This can be attributed to the flagship initiative of Mission Indradhanush launched by the government in December 2014. 10
- There is an increase from 51 per cent to 58 per cent of women receiving the recommended four or more ANC visits by health providers at all-India level.
- Also, all the Phase-II States/UTs have shown improvement except Punjab between 2015-16 to 2019-20.
- Institutional births have increased substantially from 79 per cent to 89 percent at all-India Level. Institutional delivery is 100 per cent in Puducherry and Tamil Nadu and more than 90 per cent in 7 States/UTs out of 12 Phase II States/UTs.
- Along with an increase in institutional births, there has also been a substantial increase in C-section deliveries in many States/UTs especially in private health facilities.
- Child Nutrition indicators shows a slight improvement at all-India level as Stunting has declined from 38 per cent to 36 per cent, wasting from 21 per cent to 19 per cent and underweight from 36 per cent to 32 percent at all India level. In all phase-II States/UTs situation has improved in respect of child nutrition but the change is not significant as drastic changes in respect of these indicators are unlikely in short span period.
- Anaemia among children and women continues to be a cause of concern. More than half of the children and women (including pregnant women) are anaemic in all the phase-II States/UTs and all-India level compared to NFHS4, in spite of substantial increase in the composition of iron folic acid (IFA)tablets by pregnant women for 180 days or more.

<sup>10</sup> Pg 12 of https://darpg.gov.in/sites/default/files/National%20Health%20Mission.pdf

https://pib.gov.in/PressReleasePage.aspx?PRID=1774533

- Exclusive breastfeeding to children under age 6 months has shown an improvement in all-India level from 55 percent in 2015-16 to 64 per cent in 2019-21. All the phase-II States/UTs are also showing a considerable progress.
- Women's empowerment indicators portray considerable improvement at all India level and across all the phase-II States/UTs. Significant progress has been recorded between NFHS-4 and NFHS-5 in regard to women operating bank accounts from 53 percent to 79 percent at all-India level. For instance, in the case of Madhya Pradesh the increase was to the tune of 37 percentage point from 37 per cent to 75 per cent. More than 70 per cent of women in every state and UTs in the second phase have operational bank accounts.

Amongst the states which have shown improvement in NFHS-5 Phase II survey, <u>Uttar Pradesh has made</u> <u>considerable progress</u> across key health indicators mentioned below:

- The Sex Ratio (females per 1,000 males) has improved from 995 in NFHS-4 to 1017 in NFHS-5 which means there are 1017 females per 1000 males in Uttar Pradesh. This shows that schemes like Beti Bachao Beti Padhao and Pradhan Mantri Matru Vandana Yojana are having a positive impact in the state.
- Population living in households with electricity also increased from 72.6% in the last survey to 91%. This indicates that central government schemes such <u>Sahaj Bijli Har Ghar Yojana</u> <u>Saubhagya</u> and <u>Ujala Yojana</u> by the Ministry of Power are faring well in Uttar Pradesh.
- Percentage of Households using clean fuel for cooking has also seen an improvement from 32.7% to 49.5% which shows the success of Pradhan Mantri Ujjwala Yojana (PMUY) by the Ministry of Petroleum and Natural Gas (MOPNG).
- Even though Uttar Pradesh hasn't reached the replacement level of fertility (2.1), the Total Fertility Rates (TFR) has declined from 2.7 to 2.4 which is an encouraging indicator.
- Overall Contraceptive Prevalence Rate (CPR) has increased from 45.5% to 62.4% in line with the progress of all the Phase-II States/UTs with the exception of Punjab. The use of modern methods of contraception also increased to 44.5% from 31.7%.
- Unmet needs of family Planning have witnessed a decline from 18.1% to 12.9%.
- Full immunization drive among children aged 12-23 months has recorded substantial improvement from 51.1 per cent to 69.6 per cent.
- There is an increase from 26.4 per cent to 42.4 per cent of women receiving the recommended four or more ANC visits by health providers
- Institutional births have increased from 67.8 per cent to 83.4 percent at all-India Level. Institutional births in public facility have increased from 44.5 to 57.7 showing substantial growth in accessibility to public facilities. This shows that UP has benefitted from the <u>Janani Shishu Suraksha Karyakaram</u>, <u>Pradhan Mantri Matru Vandana Yojana (PMMVY)</u> and <u>Janani Suraksha Yojana (JSY)</u>.
  - As on 9.3.2020, 24,68,818 beneficiaries have received full financial assistance of Rs. 5,000 under the Pradhan Mantri Matru Vandana Yojana (PMMVY) and total amount disbursed is INR 1009,58,37,000.
- Along with increase in institutional births, births attended by a skilled health personnel also showed an increment from 70.4 to 84.8.
- Along with an increase in institutional births, there has also been an increase in C-section deliveries in private health facilities.

- Neonatal mortality rate is the number of deaths during the first 28 completed days of life per 1000 live births in a given year or other period. Neonatal mortality rate (NNMR) dropped from 45.1% to 35.7%.
- Infant mortality rate (IMR) is the number of deaths per 1,000 live births of children under the age of one. IMR for UP dropped down from 63.5 % to 50.4%.
- The under-five mortality rate (U5MR) is the number of deaths per 1,000 live births of children between birth and five years of age. Under-five mortality rate has reduced from 78.1% to 59.8%.
- Child Nutrition indicators shows a marginal shift as Stunting (low height for age) has declined from 46 per cent to 39.7 per cent, wasting (low weight for height) from 17.9 per cent to 17.3 per cent and underweight from 39.5 per cent to 32.1 percent. The situation has improved slightly with respect to child nutrition but the change is not significant.
- <u>Anaemia</u> is a condition caused due to low Haemoglobin (Hb) available in the body and if left unattended, it can adversely impact the heart.
  - Anaemia among women aged 15-49 who are pregnant has decreased by 5 per cent from 51 per cent to 45.9 per cent despite the concerning increment of 2 per cent (from 50.4 per cent to 52.2 per cent) in national average.
  - Number of Mothers who consumed iron folic acid for 100 days or more when they were pregnant increased to 22.3% from 12.9%
  - ➤ Number of Non-Pregnant women age 15-49 years who are anaemic has dropped to 50.6% from 52.5%
  - Number of women age 15-49 years who are anemic also reduced from 52.4% to 50.4%

In 2018, the Government of India launched the <u>Anaemia Mukt Bharat (AMB)</u> strategy with the target to reduce anaemia in women, children and adolescents in life cycle approach.

- Exclusive breastfeeding to children under age 6 months has shown considerable improvement in from 41.6 percent in 2015-16 to 59.7 per cent in 2019-21.
- Women's empowerment indicators portray considerable improvement. Significant progress has been recorded between NFHS-4 and NFHS-5 in regard to women operating bank accounts from 54.6 percent to 75.4 percent.
- Women aged 15-24 years who use hygienic methods of protection during their menstrual period shows upstate trend from 47.1 per cent to 72.6.
- Mobile phone ownership and usage by women has increased from 37.1 per cent to 46.5 per cent.

To tackle the problem of anaemia among children in Uttar Pradesh, the Government has <u>implemented</u> several schemes and programs under the <u>Umbrella Integrated Child Development Services</u> Scheme as direct targeted interventions to address the problem of malnutrition in the country. All these schemes address one or other aspects related to nutrition and have the potential to improve nutritional outcomes in the country. For alleviation of malnutrition, Government has announced **Mission POSHAN 2.0** to strengthen nutritional content, delivery, outreach and outcomes with focus on developing practices that nurture health, wellness and immunity to disease and malnutrition. Steps have been taken to improve nutritional quality and testing in accredited labs, strengthen delivery and leverage technology to improve governance. Government has advised States/UTs to ensure that the quality of supplementary nutrition conforms to prescribed

standards laid down under the Food Safety and Standards Act, 2006 and regulations made there under. The situation can improve substantially through behavioural change mechanisms and awareness.

# Recent Developments towards improving overall health-related infrastructure in UP

- On 25<sup>th</sup> October 2021, Prime Minister Shri Narendra Modi <u>inaugurated 9 Medical Colleges in</u> <u>Siddharth Nagar, UP.</u> These nine medical colleges are in the districts of Siddharthnagar, Etah, Hardoi, Pratapgarh, Fatehpur, Deoria, Ghazipur, Mirzapur and Jaunpur.
- On 7<sup>th</sup> December 2021, <u>Prime Minister Shri</u> <u>Narendra Modi inaugurated AIIMS Gorakhpur and a</u> <u>new building</u> of Regional Medical Research Center of ICMR in Gorakhpur.
- As part of the <u>Ayushman Bharat Pradhan</u> <u>Mantri Jan Arogya Yojana (AB-PMJAY)</u>, 6,644
  Sub Health and Wellness Centres, 1,656 Primary



Source

Some glimpses of AIIMS, Gorakhpur which PM @narendramodi will inaugurate on December 7



9:51 PM · Dec 6, 2021 · TweetDeck

Health and Wellness Centres and 435 Primary Health and Wellness Centres are functional as of 20th July 2021 in the State. Furthermore, 14,189,874 (1.41 Crore) Ayushman Cards have been issued and 7,69,531 (7.6 Lakh) hospital admissions amounting to INR 7,965,274,653 as of 23<sup>rd</sup> July 2021 have been made in the State.

- **No. of medical colleges have increased** by a whooping 120% in the state, as there were only 30 medical colleges in 2014 but now there are 66 medical colleges (as of 10.12.2021).
- **No. of MBBS seats** have increased by 122% in the state as there were only 3749 seats in 2014 but now there are 8328 seats (as of 10.12.2021)
- **Number of PG seats** have increased by 1816% in the state as there were only 148 seats in 2014 but now there are 2836 seats (as of 10.12.2021)

## • Year-wise details of Central share funds released from 2014-15 to 2021-22:

A total of 27 new government medical colleges have been approved during the years in three phases of the centrally sponsored scheme for establishment of new medical colleges attached with existing district/referral hospitals. The details of funds released during the years is as follows:

Phase	No of Colleges approved	Functional/
Phase -I	5	5
Phase-II	8	8
Phase-III	14	-
Total	27	13

• The details of funds released under all the centrally sponsored schemes administered by Medical Education Division during the years is as follows:

(Rs. in crore)

Year	Release of Central Share
2014-15	00
2015-16	16.00
2016-17	154.10
2017-18	330.00
2018-19	514.90
2019-20	556.23
2020-21	931.77
2021-22	0
Total	2503.00

# Click here to see Key Developments in Maternal & Child Health Sector in India (2020).

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# Video Reference

- Major boost to Uttar Pradesh's health infrastructure as PM Modi dedicates AIIMS, Gorakhpur!
- PM Modi's speech on launch of 'Beti Bachao-Beti Padhao' National Programme in Panipat, Haryana
- PM Modi discussed about Beti Bachao Beti Padhao in Mann ki Baat which empowered the daughters
- PM Modi inaugurated Health and Wellness Centre to mark the launch of Ayushman Bharat, in Bijapur, Chhattisgarh 11
- Prime Minister Modi interacts with young students at a school in Narur, Varanasi

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<sup>11</sup> https://youtu.be/NouUASN2f5A