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### **Atmanirbhar Bharat**

India is one of the youngest nations in the world. A fit youth represents a fit nation. Yoga is a major contribution from India to the world. One can be fit by doing yoga, physical exercises and playing sports. A fit body makes a happy mind and a happy mind gives constructive thoughts which help in the development of the nation. NCC plays an important role in training the young fit bodies and minds of our youths to become honest and disciplined citizens. Youth plays an important part in the development of a nation under the guidance of great leaders. On 12 May 2020, Honourable Prime Minister Shri Narendra Modi, proposed Atmanirbhar Bharat Abhiyaan that is, self-reliant India movement. This movement is inspired by Mahatma Gandhi's Khadi movement. The Atmanirbhar Bharat Abhiyaan was started to reduce foreign-imports and encourage Indian manufacturing which in-turn would reduce unemployment and poverty.

The Atmanirbhar Bharat Abhiyaan stands on 5 pillars which viz Economy, Infrastructure, System, Demography and Demand. The first pillar of Atmanirbhar Bharat is Economy. When people are provided with the right resources, they can help make India a greater and more important part of the global economy. The second pillar of Atmanirbhar Bharat is Infrastructure. This pillar consists of the infrastructure which connects places to each other. For example roads, rails, bridges etc. A better infrastructure leads to a better connection between the states of our country. The third pillar is System. Technology helps the country to be on the same level with the other developed countries. The fourth pillar is Demography. India is a diverse country which consists of diverse ideas. These ideas can help in the development of the country, as people from different regions, caste etc can provide ideas relevant to them, which in turn can benefit all. The final pillar is Demand. For the wider distribution of the products and services developed under Atmanirbhar Bharat, need to be consumed as well. Huge population of idea with huge demography can create huge demand and hence it will bring success to this abhiyaan too.

All the above pillars are required to continue the chain of demand and supply of the nation. As a country with majority of young people, India can definitely benefit from the active participation of youth in the Atmanirbhar Bharat Abhiyaan and make it a grand success. As a youth of our nation and under the guidance of teachers and my parents I shall actively participate in this Atmanirbhar Bharat Abhiyaan and contribute to its success.