



English rendering of PM's address in the 130th Episode of 'Mann Ki Baat' on 25.01.2026

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My dear countrymen, Namaskar.

This is the first 'Mann Ki Baat' of the year 2026. Tomorrow, on the 26th of January, we shall all celebrate our Republic Day. Our Constitution came into effect on this very day. This day; the 26th of January, gives us an opportunity to pay homage to the founding fathers of our Constitution. Today, the 25th of January, is also a very significant day. Today is National Voter's Day... Matadata Diwas. A voter is the soul of democracy.

Friends,

Usually, when someone turns 18, becomes a voter, it is considered a normal milestone in life. However, this occasion is actually a major milestone in any Indian's life. Therefore, it is very important that we celebrate becoming a voter in our country. Just as we wish and celebrate birthdays... similarly, whenever a young person becomes a voter for the first time, the entire neighbourhood, village, or city should come together to congratulate them and distribute sweets. That would raise awareness about voting and strengthen the feeling of how important it is to be a voter.

Friends,

I would like to express my deep appreciation to all those people in the country who are involved in the electoral process and work at the grassroots level to keep our democracy vibrant. Today, on 'Voter's Day', I would once again urge my young friends to register themselves as voters upon turning 18. This will fulfil the sense of duty that the Constitution expects of every citizen and will also strengthen India's democracy.

My dear countrymen,

These days I am seeing an interesting trend on social media. People are reliving their memories of the year 2016. In the same spirit, today I too would like to share one of my memories with you. Ten years ago, in January 2016, we embarked upon an ambitious journey. We had realised then, that even if it were a small one, it was very important for the future of the country for the young generation. At that time, some people could not understand what it was all about, after all! Friends, the journey I am referring to is the journey of Start-up India. The heroes of this amazing journey are our young friends. The innovations they came up with by stepping out of their comfort zones are being recorded in history.

Friends,

Today India has turned into the third largest Start-ups ecosystem in the world. These Start-ups are out of the box; they are working in sectors that were unimaginable even 10 years ago.

AI, Space, Nuclear Energy, Semiconductors, Mobility, Green Hydrogen, Biotechnology... you name it and you'll find one Indian Start-up or the other working in that sector. I salute all my young friends who are associated with one Start-up or the other or want to start one of their own.

Friends,

Today through 'Mann Ki Baat', I want to urge my countrymen; especially the youth associated with industry and Start-ups. India's economy is progressing rapidly. The world is watching India. At such a juncture, we all shoulder a huge responsibility. That responsibility is to emphasize on quality. The era of 'it just happens... it works... it will go through somehow' is over. Come, let us prioritize quality with all our might this year. Let our only mantra be quality, quality and only quality. Better quality today than what it was yesterday. Let us resolve to improve the quality of whatever we manufacture. Be it our textiles, technology or electronics... even packaging; the connotation of an Indian product should become – 'top quality'. Come, let us make excellence our benchmark. Let us resolve that there will be no laxity on quality, nor will there be any compromise on quality. And I had expressed from Red Fort - 'Zero Defect Zero Effect'. Only by doing this shall we be able to accelerate the journey towards a 'Viksit Bharat'.

My dear countrymen,

The people of our country are very innovative. Seeking solutions to problems is part of our countrymen's nature. Some do this through start-ups; while others try to find a solution through the collective strength of society. One such effort has emerged in Azamgarh, Uttar Pradesh. The People there have lent life anew to the Tamsa River that flows through this place. The Tamsa is not just a river; it's a Live continuum of our cultural and spiritual heritage. This river, which crosses Ayodhya and merges with the Ganga, was once the axis of life for the people of this region. However, on account of pollution, its uninterrupted flow was obstructed. Silt, garbage and filth had blocked the flow of this river. After that, the people here started a campaign to give it a new lease of life. The river was cleaned, and shady, fruit-bearing trees were planted along its banks. Local people engaged themselves at the task with a sense of duty... and through everyone's efforts, the river was revived.

Friends,

A similar endeavour of public participation has also been witnessed in Ananthapur, Andhra Pradesh. This is a region that has been grappling with a severe drought. The soil here is red and sandy, which is why people face water shortages. Many areas here do not receive rain over long periods. People sometimes even compare Anantapur to a desert drought.

Friends,

To address this problem, locals resolved to clean the reservoirs. After that, with the support of the administration, the 'Ananta Neeru Sanrakshanam Project' was launched. Under this effort, more than 10 reservoirs have been revived. These reservoirs are filling with water now. Simultaneously, more than 7,000 trees have been planted. This means that along with water conservation, the green cover in Anantapur has also increased. Children now, can also enjoy swimming here. In a way, the entire ecosystem here has been revitalized.

Friends,

Whether it's Azamgarh, Ananthapur, or anywhere else in the country, it's heartening to see people uniting and fulfilling big resolves with a sense of duty. This spirit of public participation and collectivity is our country's greatest strength.

My dear countrymen,

In our country, bhajans and kirtans have been the soul of our culture for centuries. We have listened to bhajans in temples, during kathas and every era has embodied Bhakti according to respective times. Today's generation is also achieving something spectacular. Today's youth have incorporated the spirit of devotion into their experiences and lifestyles. This thinking has given rise to a new cultural trend. You must have seen such videos on social media.

Large numbers of the youth are gathering in different cities across the country. The stage is decorated... there is lighting, music... there is all the pomp and show, and the atmosphere is no less than a concert. It feels like a huge concert, but what is being sung there is the resonance of bhajans sung with complete concentration, dedication, and rhythm. This trend is being called 'bhajan clubbing' today, and it's becoming increasingly popular, especially among Gen Z.

It is heartening to see that the dignity and purity of bhajans are maintained at these events. Devotion is not taken lightly; neither the decorum of words nor the emotion is compromised. The stage may be modern, the musical presentation may be different, but the core spirit remains the same; a constant flow of spirituality is felt there.

My dear countrymen,

Today our culture and festivals are making their mark across the world. Indian festivals are celebrated with great enthusiasm and joy in every corner of the world. Our Bharatvanshis, brothers & sisters of Indian origin, play a vital role in maintaining cultural vibrancy of all kinds. Wherever they are, they are preserving and promoting the essence of their culture. Our Indian community in Malaysia is also doing commendable work in this regard.

You will be pleasantly surprised to know that there are more than 500 Tamil schools in Malaysia. In addition to teaching the Tamil language, other subjects are also taught in Tamil. Furthermore, along with Telugu and Punjabi there's also a lot of focus on other Indian languages.

Friends,

One society plays a major role in strengthening the historical and cultural ties between India and Malaysia. Its name is 'Malaysia India Heritage Society'. In addition to various programs, this organization also organizes a heritage walk. This program covers the cultural sites that connect the two countries. Last month, the "Lal Paad Saree" iconic walk was organized in Malaysia. This sari has had a special connection to our culture of Bengal. This event set a record for the largest number of people wearing this sari, which was recorded in the Malaysian Book of Records. On this occasion, Odissi dance and Baul music won the hearts of the people. I can say:

Saya Berbangga /Dengan Diaspora India /The Malaysia //

Mereka Mambawa /India dan Malaysia /Semakin Rapa //

“I am proud of the Indian diaspora in Malaysia; they are bringing India and Malaysia even close.”

My best wishes to our Indian diaspora in Malaysia.

My dear countrymen,

Wherever we go in India, we are bound to witness something extraordinary and unprecedented. Often, these events are obscured by the media's glare. But they reveal the true strength of our society. They also provide a glimpse into our value systems, wherein the spirit of solidarity is paramount. The tradition of Chandanki village in Beharaji, Gujarat is unique. You would be surprised if I told you that the people here; especially the elderly, do not cook in their homes. The reason for this is the village's magnificent community kitchen. Food for the entire village is cooked in this community kitchen, and people sit together to eat. This tradition has been continuing for the past 15 years. Not just that, if someone is ill, a tiffin service is available, meaning - home delivery is also fully arranged for. These community meals fill people with joy. This initiative not only connects people; it also fosters a sense of family. Friends, India's family system is an integral part of our tradition. It is viewed with great curiosity in many countries around the world. In many countries, such family systems are highly respected. Just a few days ago, my

brother, His Highness Sheikh Mohammed bin Zayed Al Nahyan, President of the UAE, visited India. He conveyed to me that the UAE is celebrating 2026 as the Year of the Family. The aim is to strengthen harmony and community spirit among its people – indeed, it's a truly commendable initiative.

Friends,

When the strength of family and society combines, we can overcome even the most insurmountable challenges. I've learned about Sheikhgund village in Anantnag. The challenges related to drugs, tobacco, cigarettes and alcohol had increased significantly there. Seeing all this, Mir Jafar Ji, who hails from there, became so distressed that he resolved to address this problem. He united everyone in the village, from the youth to the elders. The impact of his initiative was such that shops there stopped selling tobacco products. This effort also increased public awareness about the dangers of drugs.

Friends,

There are many organizations in our country that have been selflessly engaged in social service for years. For example, there is an organization in Faridpur, East Medinipur, West Bengal. Its name is 'Vivekananda Lok Shiksha Niketan'. This organization has been engaged in the care of children and the elderly over the last four decades. Along with providing education through the Gurukul system and training teachers, this organization is engaged in many noble endeavours for social welfare. I wish that this spirit of selfless service continues to gain strength among the countrymen.

My dear countrymen,

In 'Mann Ki Baat', we have consistently raised the issue of cleanliness. I am proud to see that our youth are very conscious about the cleanliness around them. I have learnt about one such unique effort in Arunachal Pradesh.

Arunachal is the land where the Sun's rays reach first in the country. Here, people greet each other with "Jai Hind." In Itanagar, a group of young people came together to clean areas that needed more attention. These young people made it their mission to clean public spaces in various cities. Subsequently, this campaign was also launched in Itanagar, Naharlagun, Doimukh, Seppa, Palin, and Pasighat. These young people have so far cleaned over 11 lakh kilograms of garbage. Imagine, friends, young people together removed 11 lakh kilograms of garbage.

Friends,

Another example is from Assam. In Nagaon, Assam, people are emotionally attached to the old streets there. Here, some people resolved to clean their streets together. Gradually, more people joined them. Thus, a team was formed that removed a lot of garbage from the streets. Friends, a similar effort is underway in Bengaluru. Sofa waste has become a major problem in Bengaluru, hence some professionals have come together to solve that issue in their own way.

Friends,

Today, many cities have teams dedicated to recycling landfill waste. One such team in Chennai has done excellent work. Such examples demonstrate the importance of every effort related to cleanliness. We must increase our efforts for cleanliness, either individually or as a team... only then will our cities become better.

My dear countrymen,

When we talk about environmental protection, we often think of grand plans, grand campaigns, and large organizations. But many a time, change begins in a very simple way. From one person, one area, one step, and even small, sustained efforts can bring about significant change. The effort of Benoy Das, a resident of Cooch Behar, West Bengal, is an example of this. For the past several years, he has single-handedly

worked to make his district green. Benoy Das ji has planted thousands of trees. He has often borne the entire cost of purchasing, planting, and caring for the saplings. Where necessary, he has collaborated with local people, students, and municipal bodies. Through his efforts the greenery along the roadsides has further improved.

Friends,

The endeavour of Jagdish Prasad Ahirwar ji, from Panna district in Madhya Pradesh is also highly commendable. He serves as a beat-guard in the forest. Once, during a patrol, he realized that information about many medicinal plants in the forest was not systematically recorded anywhere. Jagdish ji wanted to pass this knowledge on to the next generation. That's why, he began identifying and recording medicinal plants. He identified over one hundred and twenty five medicinal plants. He collected photograph and information about name, usage and location of each plant.

The Forest Department compiled the information and published it as a book. The information contained in this book is now very useful to researchers, students and forest officials.

Friends,

This same spirit of environment protection is being seen on a larger scale today. With that thought in mind, the 'Ek Ped Maa Ke Naam' campaign is being run across the country. Today, crores of people have joined this campaign. More than 200 crore trees have been planted in the country so far. This shows that people are now more aware of environment protection and want to contribute in some way or the other.

My dear countrymen,

I would like to express my deep appreciation to all of you for one more thing. The reason is millets, i.e. Shree Anna. I am happy to notice that the people of the country are continuously growing in love with Shree Anna. Although we had declared 2023 as the Millet Year; even today; three years later, the passion and commitment towards it in the country and the world is very encouraging.

Friends,

A group of women farmers in Kalla-Kurichi district of Tamil Nadu has become a source of inspiration. Around 800 women farmers are associated with the Periyapalayam Millet FPC here. Seeing the rising popularity of millets, these women established a Millet Processing Unit. Now they are directly supplying the products made from millets to the market.

Friends,

Farmers in Ramsar, Rajasthan, are also innovating with Shree Anna. More than 900 farmers are associated with the Ramsar Organic Farmer Producer Company. These farmers primarily cultivate pearl millet. Pearl Millet is processed here to prepare ready-to-eat laddus. These are in great demand in the market. Furthermore, friends, I am delighted to know that many temples nowadays use only millets in their prasad. I heartily congratulate all the administrators of these temples for this initiative.

Friends,

Millet Shree Anna not only raises the income of farmers but is also guaranteeing improvement in people's health. Millets are rich in nutrition and are a superfood. In our country, the winter season is considered very good for dietary consumption. Therefore, we should definitely consume Shree Anna during these times.

My dear countrymen,

In 'Mann Ki Baat', we once again had the opportunity to touch upon myriad topics. This programme gives all of us an opportunity to realise and celebrate our country's achievements. Another such occasion is on its way in February. The India AI Impact Summit is going to be held next month. Experts from across the world, especially those from the field of technology, will come to India for this summit. This summit will also highlight India's progress and achievements in the world of AI.

I heartily congratulate everyone who is participating in it. We will definitely talk about the India AI Impact Summit in 'Mann Ki Baat' next month. We will also discuss some other achievements of the countrymen. Till then, I take leave of you in this episode of 'Mann Ki Baat'. Once again, my best wishes to all of you for Republic Day tomorrow.

Thank you.

MJPS/VJ/VK

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