



English rendering of PM's address in the 137th Episode of Mann Ki Baat on 30.08.2026

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My dear countrymen, Namaskar!

I welcome you all once again to this new episode of 'Mann Ki Baat'. All of you know that this is a platform where we bring to the fore new initiatives and discuss the innovative ideas of our fellow countrymen. Many of these ideas are the result of people investing their boundless energy into them.

Friends,

Some time ago, someone wrote on social media, "On the auspicious occasion of Ashadhi Ekadashi, I am delighted to announce the launch of my initiative to make history interesting." They further explained that the idea is quite simple: visit the website and select any year. There you can easily find out which ruler ruled over what part of India at that time. I found this quite interesting too and thought of learning more about it. I discovered that this work has been done by Shriman Krishna Seshadri, a resident of Mumbai. Interestingly, Krishna ji has kept the website's name very simple: www.bharatrajya.com. The effort he has put in should reach all of you; that is why I thought, why not speak directly to Shri Krishna ji!

Friends,

Krishna ji is joining us on the phone.

Prime Minister: Namaste, Krishna ji.

Krishna Seshadri: Namaste, Sir, Namaste.

Prime Minister: My friend, I've learned that you neither belong to the tech world nor are you a history teacher; yet, you utilized technology to create a website dedicated to history. I am very curious—how did this all come about?

Krishna Seshadri: Thank you, Sir; it is a great privilege to speak with you. To tell you a little about myself: I was an engineer, then I pursued an MBA and entered the field of marketing. However, throughout all this, I maintained a deep interest in history - something I've had since childhood. So, I always wanted to do something on history - how to make it interesting and I felt there was immense scope for improvement and change in how we teach history... we could present history to reach people as a story.

Prime Minister: Krishna-ji, what aspect of Indian history did you feel needed to be known by the maximum number of people?

Krishna Seshadri: Sir, the way Indian history is taught in our schools and colleges often focuses on the perspective of a single empire or kingdom, with those specific empires receiving disproportionate attention. Consequently, we remain unaware of many other great empires—such as the Cholas, the Pallavas, the Karkota dynasty of Kashmir, or the Ahoms, who preserved their culture and value system in Assam for at least 600 years. So, I decided to create a site that introduces people to these great empires.

Prime Minister: Krishna-ji, you work so hard; let me ask you a hypothetical question. If you had the opportunity to converse with any three figures from Indian history, who would you choose, and why?

Krishna Seshadri: Yes, Sir. First, I would speak to Rajaraja Chola or Rajendra Chola - who was one of the most powerful and significant kings of the Chola Empire. So, I would want to understand the vision behind the establishment of massive Shiva temples like the Brihadisvara Temple or Gangaikonda Cholapuram. Where did that vision and planning come from? How did the thought occur to them to create something that would inspire people for the next one or two thousand years? So, that is what I would like to know from them. And, the second personality - who, in my opinion, is a highly underrated personality in Indian history - Sir, his name is Hemu. We usually read only two or three lines about him in Indian history.

Krishna Seshadri: We often don't know the fact that Hemu was a common man - an ordinary individual and a merchant - who went on to build an empire; he was not just an empire-builder but also a military thinker and a military genius who fought 23 battles in his career and won 22 of them. I am very interested in understanding his thought process and the journey that took him from being an ordinary man to such a great king, Sir. The third figure is a very interesting personality - a woman named Tribhuvan Mahadevi. Her story belongs to the Bhaumakara dynasty of Odisha. Around 850 AD, the neighbouring Pala Empire invaded her kingdom, and her husband - the king - was martyred in the battle. Consequently, the empire shrank, and chieftains and leaders began abandoning it; however, Tribhuvan Mahadevi took charge of the administration. She became one of the first independent rulers in Indian history. She not only stabilized the government but also made it powerful enough to rule over Kalinga and the surrounding region for the next hundred years. So, these are the three interesting historical personalities I would like to meet, Sir.

Prime Minister: Krishna-ji, it seems like you are re-living history now; you've been completely immersed in it. See, I have also viewed your site with great interest, and what I found most fascinating was the tab allowing people to submit corrections and suggestions. Being open to such constructive feedback is a significant thing in itself.

Have you started receiving suggestions from people? And how do you act upon them?

Krishna Seshadri: Yes, Sir, we receive many suggestions from people. Suggestions generally fall into two categories. One type involves suggesting corrections - such as pointing out which king ruled a specific region or nation at a particular time, or clarifying when a specific battle took place. We receive other suggestions - such as adding specific features to the website - and we consider them all. For instance, if someone suggests that a particular king ruled a specific region during a certain era, we take that suggestion and cross-reference it with our sources. Someone suggested to us that while we had showcased India as a whole, it would be even better to display information similarly at the regional level; so, we implemented that feature. And then another suggestion led us to create a 'trump card' style feature - compiling data and statistics for various empires - to make the content more engaging for children. Someone also suggested consolidating these resources so they could be easily downloaded and shared, a feature we are currently implementing. It's important for us to know that we are bound to make mistakes - we aren't the best. That is precisely why we consciously included a 'correction' tab; we want this to be a collaborative platform where contributions help us build a site that makes history an enjoyable subject for years to come.

Prime Minister: Krishna-ji, you have truly accomplished something remarkable. Okay, apart from history, you must be having a lot of other hobbies... or do you engage in other activities as well!

Krishna Seshadri: Well, actually, Sir, I'm a bit of a boring person.

Prime Minister: (Laughs)

Krishna Seshadri: I'm deeply interested in technology and history, and now that the two have come together, I spend my entire day immersed in that.

Prime Minister: Well, Krishna ji, I extend my very best wishes to you. You have made a good start, and your approach is such that people will connect with it - I am fully confident of that. My best wishes are with you.

Friends,

This initiative by Krishna ji will help not only history students but all of us to learn about our past in an engaging way. If you also have information about such initiatives, please do share it.

My dear countrymen,

The 'Nasha-mukt Yuva for Viksit Bharat' campaign is currently gaining momentum rapidly across the country. Its goal is absolutely clear: drug-free youth; a drug-free India.

I am happy that this campaign has not remained merely a formality; many people - especially our youth - are becoming a part of it in large numbers. After all, this is our collective resolve for the health, happiness, and bright future of India's youth.

Friends,

Drug addiction does not just engulf a single individual; the entire family and society have to bear the consequences. I would like to commend those who raise awareness against drugs and step forward to help individuals struggling with addiction. Can you come up with a powerful slogan for a drug-free India? Can our young musicians create songs that convey the message of a drug-free life? Can students and theatre groups write touching short plays that highlight the dangers of drugs while also showing the path to recovery? Our country has no shortage of excellent content creators. I urge them to create content in various languages that helps society in this endeavor. You can use your creativity as a medium for social change. Do share your efforts on social media using the relevant hashtag. Often, creative efforts prove more impactful than formal campaigns. Let us all play our part in this noble mission to keep India's youth away from drugs and free from addiction. Do share your efforts on social media with the hashtag #NashaMuktYuva

My dear countrymen,

The month of August brings with it myriad hues of patriotism all around. During this time, the spirit of love for the nation intensifies in everyone's heart. Occasions such as 'National Handloom Day' and the anniversary of the 'Quit India Movement' to 'Partition Horrors Remembrance Day' make this month special. 'Independence Day' and 'National Space Day' fill every countryman with pride. The 'Har Ghar Tiranga' campaign further strengthens this sentiment. This year has become even more special as it marks the 150th anniversary of 'Vande Mataram'. This time, over 8 crore 'Tiranga selfies' were uploaded.

And this celebration of the Tricolour was not limited to India alone; this year, through the 'Suryapath Tiranga' initiative, our flag embarked on a unique journey across the globe. The Tricolour was hoisted in Suva, Fiji, at the first light of dawn. Subsequently, it was unfurled at Indian Missions and Posts across Asia, Africa, Europe, and eventually San Francisco in America. You can imagine how magnificent those scenes must have been; as the sun traversed across the world, the Indian Tricolour was hoisted in its wake. Such efforts bind society together and deepen our connection with the nation. I extend my heartiest congratulations to everyone involved in these initiatives.

My dear countrymen,

From morning till evening, lakhs of women across the streets of our cities and towns are engaged in their work. Some sell vegetables or fruits, others run tea stalls, while some sell flowers, earthen lamps, and worship materials. Often, a mere lack of capital prevents their businesses from growing further. But now, lakhs of such mothers and sisters are gaining new strength through the 'PM SVANidhi Yojana'. This aspect of 'women empowerment' is not discussed as much as it should be. Women account for approximately 46 percent of the beneficiaries of the 'PM SVANidhi Yojana'. This means that around 35 lakh women across the country are expanding their businesses by connecting with this scheme.

Friends,

Babita Sharma ji from Ghaziabad is an excellent example of this. Babita ji used to run a small stall selling items for worship - such as flowers, earthen lamps, incense sticks, and coconuts - thereby contributing to her family's livelihood. She worked very hard, but capital was needed to grow the business. She received financial assistance through 'PM SVANidhi'. She increased her stock and expanded her business. Her customer base and income grew, and gradually, her small roadside stall transformed into a proper shop.

Friends,

The story of T.S. Ningamma ji from Bengaluru is also very inspiring. Ningamma ji and her husband started a small venture selling idli, dosa, and sambar. The business took off, but capital was required to take it to the next level.

Ningamma ji also received support from 'PM SVANidhi'. She upgraded her cart, began purchasing supplies in bulk, and added new items to her menu. As customers and earnings increased, the family's financial situation improved. Today, she is able to provide a better education for her three children.

When a woman's business grows, the future of her entire family advances along with it. Children receive a better education, household needs are met, and the woman's self-confidence is strengthened. This is, indeed, a living example of 'women's empowerment.' I extend my best wishes for a bright future to all the sisters involved in street vending.

My dear countrymen,

Cleanliness has a remarkable quality. When the resolve to keep a place clean becomes the people's own commitment, the transformation is not limited merely to tidiness; it completely changes the identity of that place. Such efforts towards cleanliness in various parts of the country constantly inspire us. There is a village named Patwai in Rampur, Uttar Pradesh. Two friends there, Akash and Rohan, noticed that their local area had become littered with filth. That was all it took; Akash and Rohan picked up garbage bags and set out to clean the area. Gradually, other young people joined them, and a team was formed - named 'Clean-up Patwai.' These youths have cleaned four Ganga ghats so far and removed over a tonne of plastic waste. They have also cleaned numerous ponds and public spaces.

Friends,

Similar inspiring scenes of cleanliness and public participation were witnessed during the recent Shri Amarnath Ji Yatra. Thousands of sanitation workers toiled day and night to serve pilgrims along the arduous routes. During this year's pilgrimage, more than 400 metric tonnes of waste were collected and processed. There was one aspect of this effort that I particularly appreciated: pilgrims themselves became active participants in this cleanliness drive. Over 16,000 pilgrims took a pledge for cleanliness; more than 10,000 were awarded the 'Responsible Yatri' certificate. A unique experiment also took place here: dung from the horses and mules used during the pilgrimage was converted into biogas, and this clean energy was used to light the 'Swachh Jyot'. In essence, cleanliness became a form of service and faith during this holy pilgrimage to Baba Barfani.

Friends,

Whether it is our villages or cities, our rivers or pilgrimage sites—their identity is shaped by our conduct. And when cleanliness becomes a part of that conduct, the beauty of the place is further enhanced.

My dear countrymen,

Sometimes a small hobby opens the door to great possibilities in life. The journey of Vesalu Puro from the Phek district of Nagaland is a case in point. Vesalu ji grew up in a farming family; she had watched her parents farm since childhood and had a deep love for flowers. In 2021, she began cultivating flowers on a small scale, driven by this very passion.

Gradually, she began to see a possibility in it. She observed that there was a constant demand for flowers, whether for weddings or other festivals. Vesalu decided to take her hobby further. Along the way, she received training in scientific flower cultivation from the local Krishi Vigyan Kendra. Then she planted thousands of gladiolus bulbs on just a quarter-acre of land. In her very first attempt, over 5,000 flowers bloomed. Friends, this success marked a new beginning for Vesalu. She took her flower cultivation efforts further. Flowers that once remained confined to local markets are now traveling from Nagaland to cities like Delhi and Mumbai. Vesalu Puro ji's journey demonstrates that when a passion is combined with hard work and proper guidance, it can pave the way for new possibilities.

My dear countrymen,

There are many people around us who initiate a small effort, and by and by, that effort transforms the lives of countless others. There is a village named 'Dhodrokusum' in the Debrigarh region of Odisha. Until a few years ago, Maithili Bhue ji from this village would visit the forest almost daily—sometimes to gather firewood, at other times to collect Mahua flowers and Kendu leaves, or to harvest bamboo shoots and other forest produce. The forest met many of the needs of her family and numerous others in the area; however, Maithili ji then became associated with Debrigarh Eco-Tourism. This marked a shift in her relationship with the forest, taking it towards a new direction.

Forest conservation now became a means of livelihood for her. Friends, this transformation in Maithili ji's life inspired other women as well. Today, more than 60 women are actively involved in forest conservation. Some have taken up the responsibility of protecting wildlife, others are engaged in developing grasslands, and some are contributing to eco-tourism activities.

Friends,

Maithili-ji and these sisters from Debrigarh have demonstrated that it is possible to protect nature while also achieving prosperity in life. The efforts of all these sisters serve as a great inspiration for all of us.

Friends,

Today the flight of our daughters' dreams is soaring from the earth to outer space. And you will be proud to know that India is bringing together thousands of daughters who are nurturing such dreams, from across the globe. This initiative is named 'Mission ShaktiSAT.' Through it, 12,000 girl students from 108 countries are getting the opportunity to learn satellite technology and to advance in the field of innovation. On August 23rd - National Space Day - a wonderful glimpse of this mission was seen in Greater Noida, Uttar Pradesh. The second phase of Mission ShaktiSAT was launched at the Gautam Buddha University. On this occasion, around 100 female students from India and various other countries came together. Students selected from India's remote regions are also participating.

The goal of this entire initiative is truly special: preparations are underway to send a satellite - developed entirely through the participation of female students - into lunar orbit. Friends, I am confident that many of these students will carve out a distinct identity for themselves in the fields of science, technology, and innovation in the future.

My dear countrymen,

The avocado fruit is creating quite a buzz these days. Hardly anyone knew about this fruit in the past; both its value and demand were low, but today it is frequently seen on dining tables. It has become a preferred choice in the health and premium markets. This is also very helpful for our farmer brothers and sisters. There's an example of Varadaraj ji from Kadappa in Andhra Pradesh. He had been cultivating tomatoes and bananas on his farm for years. One day, he saw an avocado crop at a friend's farm. Subsequently, he gathered information about it on YouTube. So far, he has produced nearly 4 tonnes of avocados. Today, he supplies them directly to local shops. The new crop, scientific advice, and direct marketing have completely transformed the earnings from his small farm. Chandrashekharan ji, a farmer from Kodaikanal in Tamil Nadu, started growing avocados on half a hectare of land. That is fetching him good prices, and his income has increased. In Chikkamagaluru, Karnataka, some farmer brothers and sisters have even planted avocados amidst their coffee plantations.

This allows them to earn additional income alongside coffee and black pepper. Friends, we often hear about the avocado toast in city restaurants, but through this very avocado, our innovative farmers have discovered a new recipe for earning. In other words, the avocado from our own country has enhanced the taste of your toast while simultaneously boosting the farmers' income.

My dear countrymen,

In just a few days, on September 3rd, we will celebrate the birth centenary of the legendary Uttam Kumar. Friends, Uttam Kumar was a versatile actor who became deeply embedded in people's hearts through his acting. Film lovers believe that Satyajit Ray wrote the entire script for the film *Nayak* (The Hero) with Mahanayak Uttam Kumar in mind. Shriman Satyajit Ray had remarked that he possessed remarkable emotional depth alongside great dignity. He worked very hard to bring his characters to life. Uttam Kumar-ji was known not only for his natural ease but also for his philanthropy. His life offers another great lesson: never give up. Although his early films did not fare well, he remained focused on his work. It was this dedication that enabled him to reach such great heights. Friends, I recall passing by Uttam Kumar-ji's house while doing a roadshow in Kolkata. Someone there even gifted me a photograph of him. I once again pay tribute to the legendary Uttam Kumar-ji; he will forever reign in our hearts.

“Mahanayak Uttam Kumar cheerodin maanusher hridaye Raj Korben”

My dear countrymen,

Our festivals and celebrations not only uphold our traditions but also provide us with opportunities to connect with one another. In the coming days, we are set to celebrate several more significant festivals. The holy festival of Janmashtami falls on September 4th. We will also celebrate Vishwakarma Puja in September. On this occasion, we should honor the artisans, craftspeople, and Vishwakarma friends in our communities. Deepawali is also approaching in a few months, and preparations for it are already gradually underway. During this festive season, I once again urge you to be ‘Vocal for Local.’ Being ‘Vocal for Local’ does not merely mean buying earthen lamps; the vision behind it is much broader.

Whatever item we purchase for our homes, do ensure to see that it is made in India. The path to India becoming self-reliant will be paved only by taking pride in products made in India. It is also our responsibility to convey this message to as many people as possible. Our friends from the creative world, influencers, and celebrities also have a significant role to play in that. I urge you to personally embrace the 'Vocal for Local' spirit and inspire others to do the same.

Friends,

There must be many people around you who are bringing about significant change in society through their small yet impactful efforts. Do write about them for 'Mann Ki Baat'. The experiences you share could become a source of new inspiration for someone, somewhere in the country. I look forward to your suggestions and experiences.

Thank you very much.

MJPS/SS/ST/VK

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