



English rendering of PM's address in the 139th Episode of Mann Ki Baat on 25.10.2026

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My dear countrymen,

Welcome once again to 'Mann Ki Baat'. Twelve years ago, on the pious occasion of Vijayadashami, we began 'Mann Ki Baat'. Since then, this journey of our's has continued without a break. You are both my fellow travellers and my guides on this path. Friends, for me, 'Mann Ki Baat' has been an auspicious opportunity to proudly celebrate the hard work, valour, commitment, dedication, and spirit of service of the common people of our nation. Our country has had a long-standing tradition of Teerth Yatra. 'Mann Ki Baat' is, for me, nothing less than a pilgrimage - a journey to closely understand the efforts of our people and to salute their contributions. Friends, those who live for society and the nation are, in themselves, like a 'Teerth'. Over these 12 years, many individuals from every corner of the country have come to the fore - people whose extraordinary work often goes unnoticed by society at large. 'Mann Ki Baat' has served to bring such countless, inspiring stories to all of you.

Friends,

Through this program, I am, in a sense, paying obeisance to the 'collective strength of the people'; Lok-Shakti of our nation. It provides me with an opportunity to connect with every family across the country. I receive hundreds of messages in which people share that listening to 'Mann Ki Baat' makes them feel as though I am amidst them - like a member of their own family - engaging in a conversation. For me, this deep connection and the affection shown by all of you - my listeners - is a priceless treasure.

My dear countrymen,

Our nation possesses many traditional skills that have been a part of our identity for generations. And it is heartening to see that these traditions are now being integrated with diverse, innovative approaches, allowing them to evolve and remain relevant to the present day. One such initiative has been underway in Punjab for some time; an organization called 'Kheti Virasat Mission' has begun to breathe new life into organic farming and traditional agricultural practices. The team aimed to promote natural cotton cultivation in the Malwa region of Punjab. This initiative was named 'Nav-Trinjan'.

Under this project, organic cotton is grown there without the use of any chemicals. They also cultivate cotton that possesses natural colors, eliminating the need for additional chemicals to dye the resulting yarn or fabric. You can imagine what a significant contribution this makes towards protecting the environment.

Friends,

A few years ago, 'Nav-Trinjan' also established a weaving school with the goal of passing on the craft of weaving to the next generation. This school has transformed the lives of many women. Ramandeep Kaur ji is one such example; she previously worked as a labourer, but following her training at the school, she is now recognized as a skilled weaver. Rekha Rani ji had never even seen a handloom before undergoing training; a shawl woven by her has been presented to the Honorable President of India. Similarly, Suneha Devi ji, who once worked as a domestic help, is now creating exquisite fabrics on a handloom. Rajni Kaur ji, who once depended on manual labour in the fields, has found that her new skills have significantly helped her in supporting her household.

Following training from the school, many such women are now crafting shawls, towels, and other textiles using yarn made from indigenous organic cotton. These efforts are bringing prosperity to their lives. A few months ago, on National Handloom Day, I too had the opportunity to meet this team. During that, I experienced their passion and dedication towards their work. I extend my heartfelt best wishes to the entire team for a bright future.

My dear countrymen,

We have had a long-standing tradition of respecting nature. Our ancestors taught us that maintaining cleanliness in our surroundings and caring for water sources is our own responsibility. It brings me great joy to see so many people across the country embodying this spirit. The same sentiment can also be seen in the Tehri Garhwal region of Uttarakhand. There, people have come together in an effort to breathe new life into a river - the 'Heval' river. Some time ago, the water level in the Heval river began to decline... the natural water sources in the surrounding area were also drying up. In this scenario, the local administration and the villagers joined forces to launch a campaign to save the Heval river.

Measures were undertaken to capture rainwater, facilitate groundwater recharge and plant a large number of trees. Today, thanks to these efforts, the Heval river has been revitalized and simultaneously dozens of natural water sources have received help in their restoration.

Friends,

When a society unites imbuing such a spirit, change is definitely guaranteed. We can see a glimpse of that in our festivals as well. In just a few days, the auspicious festivals of Diwali and Chhath are approaching; For that, cleanliness drives are being run at many places. It is essential that we maintain the cleanliness of the places where we live. Only our small, individual efforts can bring about significant change in our surroundings.

My dear countrymen,

During this festive season, you must have noticed a shift in your surroundings. People are now placing great importance on Swadeshi products while shopping. This spirit of 'Vocal for Local' is now taking our products to global markets.

For instance, *makhana* from Purnia in Bihar is now reaching Greece, and *arhar dal* from Kalaburagi in Karnataka is being exported to the Maldives - meaning, new global markets are opening up for India's farmers. Friends, while discussing local products, I would like to draw your attention to another important aspect: the packaging of a product is just as significant as its quality. Often, when we see an item in the market, it is its attractive packaging that draws us to pick it up. We want to know about a product just by looking at its packaging. Realizing that, there is now an increasing emphasis on packaging.

Friends,

In Maharashtra, tribal communities have placed a strong focus on the packaging of the products they create. There, through an initiative called 'Shabari Naturals,' products like honey, mahua, chironji and bamboo-based items are being brought to the market - their packaging reflects tribal art. You will be pleased to know that this packaging has received Japan's prestigious 'Good Design Award.' Our youth are also experimenting anew in this field; a 'bamboo' start-up in Karnataka is creating packaging material from bamboo and agricultural residue.

Friends,

When we talk about local products, it is only natural to mention Khadi. This time on Gandhi Jayanti, sales of the products of Khadi Gram Udyog exceeded ₹28 crore in a single day. It is an increase of ₹1.5 crore over the previous year. This means that the popularity of Khadi continues to grow, and the benefits are reaching those whose skills and hard work bring items like Khadi and various handicrafts to life.

Friends,

During the festive season, we often buy many things for our families and loved ones. This time too, do prioritize products made by local artisans when you shop; your purchases will boost their morale. This sense of affection will further strengthen the 'Vocal for Local' movement. As this movement gains momentum, the dream of 'Atmanirbhar Bharat' will be realized all the faster. For that, I personally urge you to prioritize and highlight products crafted by local artisans.

My dear countrymen,

There's a remarkable trait of our people... we quickly embrace new technology. We naturally integrate technology into our daily lives - the 'e-Sanjeevani' yojana is an excellent example of that. This demonstrates how technology can be effectively utilized to make people's lives easier. It gives me great satisfaction to note that approximately 50 crore tele-consultations have been conducted through this platform so far - It is a massive figure. It serves as an excellent testament to the power of technology, the dedicated spirit of our doctors, and the trust placed in the system by our countrymen.

Friends,

Today, through its extensive network, the 'e-Sanjeevani' service has reached even the remotest corners of the country. The stories of those who have benefited from it will make you emotional. In the Andaman and Nicobar Islands, Oho-Tahane, from the Jarawa tribe on Baratang Island, was suffering from a high fever... breathing too was getting difficult. Amid that, local health workers used e-Sanjeevani to consult an expert doctor. The child had pneumonia; once he came under the care of the expert doctor, his condition began to improve rapidly.

Friends,

In Kalpeni, Lakshadweep, a man named Kunhi Koya—around 60 years of age - suddenly fell ill. Through e-Sanjeevani, contact was established with an experienced doctor located across the sea in Kavaratti. That experienced doctor provided guidance to the local medical team, which helped bring relief to Kunhi Koya. In Zaskar, Ladakh, Kunjang Dolma experienced some complications during her pregnancy; during that situation, e-Sanjeevani worked for her, allowing a specialist doctor to provide immediate assistance. In Peren, Nagaland, a 12-year-old boy named Mushem suffered from an ear infection and fever; he, too, benefited from e-Sanjeevani... The expert doctor was able to promptly diagnose his condition and recommend the appropriate medication.

Friends,

There was a time when even a simple health check-up or a visit to a doctor would take a long time and involve significant hardship. Today, nearly 190,000 'Ayushman Arogya Mandirs' across the country have brought new facilities into people's lives. These Arogya Mandirs are in a way, evolving into wellness centres for village panchayats.

It's most heartening to know that, people in rural areas are now undergoing regular health check-ups to stay healthy, in which 'e-Sanjeevani' is playing a vital role.

My dear countrymen,

Earlier this month, I visited Chennai. There I met many of the nation's scientists, researchers, and young talents. Our youth are currently working on subjects that have the potential to transform the future of all humanity; one such field is 'Brain Research.' In that connection, I inaugurated the 'Sudha Gopalakrishnan Brain Centre' at IIT Madras. This centre has developed a brain-imaging technology platform that serves as a global benchmark. Through that, high-resolution, digital 3D images of the human brain, are being created, with the goal of mapping and studying 100 human brains in minute detail. This is the first mission of its kind in the world, and it utilizes the 'Param Shakti' supercomputer.

Friends,

The nation's industry has played a significant role, in collaboration with the government, in establishing this brain centre. Many IIT alumni and academia have also come together to support this research centre. This project is of immense importance because, despite significant scientific progress, the human brain remains a major scientific enigma. Even in the present day, conditions like Alzheimer's and Dementia still lack a definitive cure. Therefore, the deeper our scientific understanding of how the human brain functions, the

more new scope will be created in the future. It has also been decided that this data from 100 human brains will be made available as an open-source resource for research across various fields.

Friends,

Organ donation plays a vital role in such advanced research. Those who choose to donate their organs after their lifetime not only save the lives of many others but also make research possible. One such example is that of Shivani-ji from Narmadapuram in Madhya Pradesh.

Shivani ji had met with a road accident; while this brought a great tragedy upon her family, even in such a difficult time, they made a decision that serves as an inspiration to us all - the decision was to donate Shivani ji's organs. This choice by Shivani ji's family sends a powerful message to society and the nation. Such a step of humanity can bring happiness back into a family's life, while also providing significant support to research efforts.

My dear countrymen,

I would also like to share some other experiences from my visit to Chennai. The first was my interaction with young people on the metro, while another was my visit to IIT Madras. It was truly heartening to see how our youth are working on innovative solutions to problems. One of the start-ups I met focuses on verifying the quality of gold, which can help prevent fraud in gold purchases. Another team of young people is developing a platform that could enable the rapid recovery of funds lost to bank fraud. Meanwhile, another team is exploring how AI can assist in the screening for cervical cancer.

Friends,

The interaction at IIT was entirely focused on 'deep-tech.' These start-ups are being supported by the incubation ecosystem at IIT Madras. Among them is a start-up that is developing an electric vehicle capable of flying over the sea. Another start-up is developing fast-charging batteries for drones and electric vehicles. One team is working on the application of AI in defence technology.

Friends, our youth are achieving such extraordinary things today because they are receiving the right environment and support. It is not as if there has ever been a shortage of talent in our country. In just a few days, on October 31st, we will mark the 100th birth anniversary of one such great Indian scientist, Narinder Singh Kapany. The world knows him as the 'Father of Fiber Optics.' He was born in the Moga district of Punjab. His advanced research into the technology of transmitting light through thin fibers lent a new direction to the world of communication. It is difficult to even imagine the era of internet and digital communication that we live in today without fiber optics.

On this occasion, we pay our respects to Narinder Singh Kapany. I would like our youth to read and learn about scientists like him, and draw inspiration from them.

Friends,

Just in a few days, the 31st of October marks the birth anniversary of Sardar Vallabhbhai Patel - a day the nation observes as 'Ekta Diwas'. On this occasion, a 'Run for Unity' is organized across the country. 'Run For Unity' offers a significant opportunity to strengthen

our unity and reaffirm our commitment to the nation. I urge all of you to participate enthusiastically in this year's 'Run for Unity' and to bring along your family, friends, and those around you.

Friends,

You may recall that, at India's call, 2023 was celebrated as the 'International Year of Millets.' It received a very positive response globally. Through this initiative, people discovered how deeply the superfood 'Shree Anna' i.e. millets - are rooted in our own culture. In the North-East, too, there has long been a rich tradition of millet cultivation; however, over time, people had begun to drift away from it. Now, that situation is changing.

Friends,

In the West Jaintia Hills district of Meghalaya, there is a village called Khanduli. Over many generations, millets have been an integral part of the local food culture there. Yet, for some time, the number of farmers cultivating them had been on the decline. Amid that, two women friends from the village undertook a new initiative: they focused on creating new products from millets. Lending value addition to these grains, they developed items such as cookies, cakes, and muffins, as well as baby food. This led to an increase in the sales of millet-based products and a subsequent rise in the demand for millets themselves. Amid that, farmers there have also begun cultivating millets once again. Friends, in the village of Sadolpara, located in the West Garo Hills district of Meghalaya, some new initiatives are underway. A local farmer there, Chekjing Sangma, recognizing the importance of millets, has started cultivating them using modern methods. This has not only increased his income but has also fostered greater awareness within the village. Similarly, there is a village called Kezoma in Kohima, Nagaland, where the cultivation of millets had ceased for over a decade.

As a result, an entire generation grew up unfamiliar with this traditional crop - imagine... a crop once grown by their own grandparents, was being forgotten by the villagers themselves. In 2024, the local community resumed the cultivation of millets, and in 2025, Kezoma celebrated its first-ever millet festival. Now, there is a rapidly growing demand for products made from millets in this region as well.

Friends,

Examples related to millet cultivation carry a significant message. These examples demonstrate how our youth are linking traditional crops with new opportunities, and how our villages are advancing on the path to prosperity while preserving their heritage.

My dear countrymen,

Tomorrow, October 26th, marks the birth anniversary of Maharishi Valmiki. Though thousands of years have passed, the Ramayan, of Maharishi Valmiki ji, continues to offer us new insights even today.

Through the Ramayan, Maharishi Valmiki has imparted profound life lessons to us... on the one hand he emphasizes the value of persistent effort; on the other he also highlights the importance of service, compassion, and social harmony. In the Valmiki Ramayan, the character of Bhagwan Ram serves as a beautiful embodiment of these values - Bhagwan Ram embraced the love and devotion of Mata Shabari... honored his friendship with

Nishadraj. The spirit of taking everyone along - these ideals continue to guide us even today. This sentiment is also reflected in the grand Ram Mandir in Ayodhya, where shrines dedicated to Maharishi Valmiki, Nishadraj and Mata Shabari as well have been built. I am pleased that the airport in Ayodhya has also been named after Maharishi Valmiki. These initiatives enrich our great tradition - the very tradition that places the highest value on service, social harmony, and compassion.

My dear countrymen,

The soil of India has given birth to many such great personalities who have left an indelible mark. One such great figure is Bhai Parmanand ji. In a few days, on November 4th, we will celebrate his 150th birth anniversary.

A major source of inspiration and ideals for Bhai Parmanand ji was his deep association with Arya Samaj. In the very early 20th century, he traveled to South Africa for the work of Arya Samaj, where he also met revered Bapu. He also worked among the 'Girmitiya' community in Guyana, which was a significant centre for Arya Samaj at that time. During my own visit to Guyana, I had the privilege of visiting the Arya Samaj memorial.

Friends,

Bhai Parmanand ji played a major role in the freedom movement. It is said that it was Bhai Parmanand ji who had persuaded Lala Har Dayal ji to go to America. He was also one of the founding members of the Ghadar Party. His influence on the struggle for independence was so profound that the British authorities sentenced him to 'Kala Pani'. He authored a book titled 'Aapbeeti: Kaale Paani Ki Kaaraavaas Kahaani'. This book is a must-read to truly understand the sacrifices made by freedom fighters. After completing his sentence, Bhai Parmanand ji turned his focus towards the field of education. You might be surprised to learn that he even taught Veer Bhagat Singh.

In later years, he remained associated with the Hindu Mahasabha for many years as well. In other words, from his connection to Gandhiji to his time in Guyana, and from the Ghadar movement to the Andamans, his personality stands as a great source of inspiration. I offer my respectful homage to Bhai Parmanand ji. I urge the youth to learn about them and inspire others as well.

My dear countrymen,

The coming days will be filled with the festive spirit of Diwali, the great festival of Chhath, and several other celebrations. Do celebrate these festivals with your entire family while staying healthy and safe and include others in your joy. I extend my best wishes to all of you for the upcoming festivals.

As always, I look forward to receiving your messages and suggestions. Your suggestions provide new topics and new direction to 'Mann Ki Baat'. We shall meet again next month, with new endeavors and inspiring stories from our fellow countrymen.

Thank you very much.

Namaskar.

MJPS/SS/VJ/VK

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