

## **Highlights of PM Modi's conversation with Lex Fridman**

### **Lex Fridman Fasted 45 Hours for Modi Interview; PM Modi shares his experience of fasting**

Lex Fridman revealed that he fasted for 45 hours, consuming only water, in honor of his interview with Prime Minister Narendra Modi. PM Modi also shared his perspective on fasting, emphasizing its benefits in sharpening the senses, enhancing mental clarity, and instilling discipline. He explained that fasting is a scientific process rather than merely skipping meals and is deeply connected to traditional and Ayurvedic practices. PM Modi mentioned that he hydrates well before fasting to aid in body detoxification. He also noted that rather than feeling sluggish, fasting makes him more energetic and allows him to work even harder.

### **PM Modi shares anecdotes from his humble childhood and how poverty was never a hardship for him**

PM Modi reflected on his humble childhood, sharing that despite growing up in poverty, he never felt its weight. He recalled how, even amid hardships, he never experienced a sense of deprivation. Fondly reminiscing, he mentioned how his uncle once gifted him white canvas shoes, which he kept polished using discarded chalk from school. PM Modi emphasized that he embraced every phase of life with gratitude and never viewed poverty as a struggle.

## **PM Modi talks about the impact that Swami Vivekananda had on his life**

PM Modi shared that during his childhood, he frequently visited the village library, where he read about Swami Vivekananda, whose teachings left a profound impact on his life. From Vivekananda, he learned that true fulfillment comes not from personal achievements but from selfless service to others. PM Modi narrated a story from Swami Vivekananda's life where he goes and asks Sri Ramakrishna Paramahansa ji that his mother is ill and he needs help. To this Paramahansa ji advised him to go to Devi Kali and ask for help. This incident made Vivekananda ji realise that how can he ask something from the divine who has already given everything to the world, realizing that serving humanity is the highest form of devotion to the divine.

## **PM Modi talks about his deep bond with Swami Atmasthananda ji**

PM Modi recalled his time at the Ramakrishna Paramahansa Ashram, where he came in contact with saints and received immense love from them. He developed a deep bond with Swami Atmasthananda, who became a guiding force in his life. Swami Atmasthananda advised him that his true purpose was to serve people and work for the welfare of society.

## **PM Modi's relationship with RSS**

Prime Minister Narendra Modi reflected on his deep connection with the organization, calling it his Saubhagya (privilege) to be part of this

enduring legacy. PM said that he feels blessed to have received his life's purpose and the values of selfless service from RSS. He lauded the role RSS is playing at such a large scale globally. The Prime Minister highlighted how the RSS is providing education and healthcare services on a large scale across the country. He pointed out the contrast between leftist labor unions and the RSS-affiliated labor union. "Leftist unions say 'Workers of the world, unite,' but the RSS labor union says 'Workers, unite the world.' This reflects how the RSS instills its values in its approach."

### **PM Modi told the secret behind his good friendship with Donald Trump**

PM Modi praised Donald Trump for his thoughtful gesture during the Howdy Modi event, where he attentively listened to the entire speech and, despite security protocols, joined him in taking a lap around the stadium to greet the audience. He also appreciated the trust Trump has in him. While speaking about the good relations between him and Trump, PM Modi stated that Trump's America First approach aligns with his own philosophy of Nation First and Bharat First, fostering a natural synergy between the two leaders.

### **PM Modi replies to Donald Trump calling him a tough negotiator**

PM Modi stated that it is Trump's magnanimity to call him a tough negotiator and appreciating him on various platforms. For Trump, it is America first, and for Modi, it is always Bharat first. PM said that on all platforms he stands firm with India's interest on top, without intending

any harm to others. PM said that by keeping nation's interests on priority he is just fulfilling the expectation of 140 crore Indians who have bestowed this responsibility upon him.

### **PM Modi recalls his meeting with Trump's dynamic team**

PM Modi noted that Trump appears highly focused in his current term and has built a strong team, with whom he also had the opportunity to meet. Recalling his long association with Elon Musk since his tenure as Chief Minister, PM Modi described their recent meeting as warm and familial, even discussing Musk's excitement about DOGE.

### **PM Modi highlights how the philosophy of DOGE is already integrated into governance under his administration**

Highlighting key governance reforms, PM Modi stated that after taking office, his government identified and removed 10 crore fake beneficiaries from welfare schemes, ensuring benefits reached the right people through Direct Benefit Transfer (DBT), saving ₹3 lakh crore. Additionally, his administration scrapped 1,500 obsolete laws and more than 45000 compliances to streamline governance.

### **PM Modi explains why the world listens to India**

PM Modi affirmed that India, the land of Buddha and Gandhi, advocates for peace over conflict. He emphasized that the world listens to India because it stands for harmony. Highlighting his good relations with both Putin and Zelenskyy, he stated that he can urge Russia that war is not

the solution while reminding Ukraine that battlefields do not bring real solutions. PM Modi clarified that India is not neutral but firmly committed to peace.

### **PM Modi's advice to the World; Abandon Conflict and Embrace Coordination**

In the podcast with Lex Fridman, PM Modi said that after COVID-19, it seemed like the world would come together, but instead, it became more fragmented, with multiple conflicts emerging globally. The PM said that International institutions have become irrelevant, and organizations like the UN are failing to fulfill their purpose due to not undergoing necessary reforms. The world must move away from conflict and embrace coordination. He reiterated that Progress will come through development and not expansionism.

### **PM Modi opens up about 2002 Godhra riots**

PM Modi said that a fake narrative was spread regarding the Godhra case. Before 2002, Gujarat had witnessed over 250 riots, and communal violence was frequent. Also he narrated how the world was witnessing a surge in terrorist activities and violence during those times. However, since 2002, not a single such riot has occurred in the state of Gujarat. The PM emphasized that his government does not engage in vote-bank politics but follows the principle of "Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas." He also highlighted the fact that how people tried to malign his image after the riots but ultimately the justice prevailed and courts cleared his name.

## **When asked about being lonely, PM replies he is never alone**

PM Modi said, "I never feel alone. I believe in the 1+1 theory—one is Modi, and the other is the divine. I am never truly alone because God is always with me." PM added that for him, 'Jan Seva Hi Prabhu Seva'. He has the support of the divine and 140 crore Indians.

## **PM Modi talks about how Mahatma Gandhi's Vision of Jan Andolan Inspires his Every Initiative**

PM Modi highlighted Mahatma Gandhi's ability to transform India's freedom struggle into a Jan Andolan by recognizing the power of Jan Shakti. He shared that in his own approach, he always strives to involve as many people as possible in every initiative, turning it into a mass movement with Jan Bhagidari. PM Modi emphasised that society's collective strength is boundless. PM Modi said that Mahatma Gandhi is the greatest leader of not just the 20th century but also that of the 21st century and upcoming centuries as well.

## **PM Modi shares his first hand experience with foreign diplomacy when he became PM**

PM Modi underscored that his greatest strength comes from the 140 crore people of India, who stand as the driving force behind the nation's rise on the global stage. Recalling his early days in office, PM Modi shared that people used to doubt him that how a person who has handled just one state can handle India's foreign affairs as PM. To this, his response was firm and unequivocal: "India will neither bow down

nor threaten others. We will engage with the world with confidence, looking eye to eye."

PM Modi reaffirmed that India's global approach is guided by dignity, self-respect and mutual respect. He highlighted that at the heart of this vision lies the ancient Indian philosophy of Vasudhaiva Kutumbakam—the belief that the world is one family and that our commitment is the well-being of the entire humanity.

### **PM Modi shares the secret behind his undefeated political career and success of BJP**

PM Modi said that he does not run election centric governance rather he runs people centric governance. He added that his government follows a policy of saturation—where benefits reach everyone without bias. Highlighting the success of BJP, he thanked the millions of workers of the party who work tirelessly and selflessly, truly devoted for the nation's development. He said that he feels proud of being the member of world's largest political party which propagates the value of giving to others.

### **PM Modi's strong worded advice to Pakistan**

PM Modi, with a firm and resolute tone, called out Pakistan's long-standing role in fostering terrorism, emphasizing that the world is no longer in doubt about where the roots of terror lie. The PM stated with deep concern that time and again, Pakistan has become the epicenter of terror, causing immense suffering not just to India but to

the entire world. Expressing disappointment, PM Modi highlighted India's numerous, sincere efforts to establish peace. From his visit to Lahore to inviting Pakistan to his swearing-in ceremony, every attempt at reconciliation was met with hostility. The PM remarked that the people of Pakistan deserve a future free from violence and fear and wished that Pakistan learns from its mistakes and chooses the correct path.

### **PM Modi has a unique answer in picking up the better one among cricket teams of India and Pakistan**

When asked about whether India or Pakistan has the better cricket team, PM Modi lightheartedly responded that he isn't an expert to judge but suggested that the recent match results between the two teams might provide the answer. (while referring to India defeating Pakistan in ICC Champions trophy)

### **PM Modi Picks Maradona as Favorite Footballer, Hails India's 'Mini Brazil'**

Prime Minister Narendra Modi, with a sense of admiration and nostalgia, named Diego Maradona as his favorite football player, recalling the legend's unmatched skill, electrifying passion, and profound influence on the game.

Reflecting on a particularly heartwarming experience, the Prime Minister spoke about his visit to Shahdol in Madhya Pradesh, where he



witnessed an extraordinary love for football among the people of the tribal belt. With a deep sense of appreciation, he described how the locals proudly referred to their region as 'Mini Brazil'—a testament to the sport's deep roots in their culture. The PM underscored that this enthusiasm holds the power to fuel the sport's growth in India, inspiring future generations.

### **PM Modi describes the 21st Century as the century of Asia**

Prime Minister Narendra Modi highlighted the deep cultural connection between India and China, acknowledging that differences exist, much like within a family. However, the PM emphasized that efforts are being made to ensure these differences do not escalate into disputes.

The PM reiterated that dialogue remains the primary approach in managing relations between the two nations. PM Modi also noted that border conditions have normalized. The Prime Minister further stated that while competition between nations is natural, conflict must be avoided to maintain peace and progress. He said the 21st century is the century of Asia and good relations between India and China are not just beneficial but also important for global stability and prosperity.

### **PM Modi's reply to those who are working with a propaganda against National interest**

Prime Minister Narendra Modi expressed concern over the decline of constructive criticism in public discourse, stating that meaningful

debate is being replaced by baseless allegations made without research or facts. PM Modi emphasized that criticism, when backed by logic and evidence, plays a crucial role in shaping policies and strengthening democracy. However, he noted that instead of engaging in thoughtful analysis, many resort to shortcuts by making random accusations without any effort to verify the truth with hidden propagandas.

PM Modi emphasized that well-directed and specific criticism plays a crucial role in effective policy making. However, he pointed out that some individuals operate with specific agendas and wrongful intent, using misinformation as a tool to mislead people.

### **PM Modi explains how world's efforts towards development of AI are incomplete without India**

PM Modi emphasized that no matter how much the world advances in AI, it remains incomplete without India. He highlighted that AI is fundamentally about collaboration, and India is making a significant contribution to its development. India is not only contributing to AI innovation but also creating AI tools tailored to specific use cases. He pointed out that India's problem-solving skills and analytical thinking capabilities are globally competitive, making the country a crucial player in the AI revolution.

### **PM Modi answers the question about Artificial Intelligence Vs Human Intelligence**

PM Modi stated that throughout history, technology has often been portrayed as humanity's biggest challenge. However, each time, both technology and humanity have progressed, with humans always staying one step ahead. He emphasized that while AI is powerful, it may never match the depth of human imagination.

### **PM Modi shares his devotion towards Public Service**

Prime Minister Narendra Modi spoke about his deep sense of responsibility towards the people, emphasizing that public trust has been his greatest strength throughout his political journey. The PM shared that since the day he entered politics, he has considered the people as divine and has worked with complete dedication to ensure their faith in him is never broken.

Drawing a heartfelt analogy, he likened his service to that of a devotee performing sacred duties, saying that just as a priest worships the divine with unwavering devotion, he remains among the people, serving them with the same sincerity and dedication.

### **PM Modi responds on being called the World's most powerful leader**

Prime Minister Narendra Modi reaffirmed his commitment to public service, stating that he sees himself as a 'Pradhan Sevak'. PM Modi emphasized that power has never been his pursuit, nor has he ever indulged in political power games. Instead, his focus has always been on meaningful work that directly benefits the people.

With a clear vision for governance, the Prime Minister stated that his goal is to be pro-workful, not powerful. He underscored that true leadership is not about authority but about dedication to service, ensuring that every action contributes to the nation's progress and the well-being of its citizens.

### **PM Modi tells the three parameters for his self-evaluation**

PM Modi listed out three parameters on which he evaluates himself. First, he will never back down from doing hard work. Second, he will never do anything with wrong intentions. He may err, but never with wrong intent. And third, He will never do anything just for himself. He added that the real satisfaction comes from what you give to the society rather than what you get and achieve.

### **Does the Prime Minister feel tired? PM tells the motivation behind his tireless efforts**

Prime Minister Narendra Modi emphasized that true leadership is built on hard work and responsibility. PM Modi acknowledged the relentless efforts of farmers, women, and workers across the country, stating that as a leader, he too must remain fully committed. PM Modi shared that the trust placed in him by the people constantly motivates him to give his best.

### **PM Modi states the guiding principles behind his decision making**

Prime Minister Narendra Modi spoke about his approach to leadership, emphasizing that he is willing to take bold risks for the nation without worrying about personal loss. He stated that when a decision is right for India, he moves forward with full conviction, without hesitation. PM Modi highlighted that true leadership lies in taking responsibility. He explained that when a leader owns their work, it naturally inspires commitment and dedication among those working alongside them.

### **Prime Minister is also a human; He can too make mistakes but never with wrong intent**

Acknowledging that mistakes can happen, PM Modi firmly stated that while he may err, he will never act with the wrong intent. His every action, he reiterated, is guided by a sincere desire to serve the nation.

### **PM Modi advised students that exams do not define their true potential**

Prime Minister Narendra Modi emphasized that exams should not be seen as the ultimate test of a student's potential. The PM pointed out that through Pariksha Pe Charcha, he has had the privilege of directly interacting with students, listening to their concerns, and understanding their perspectives on education.

The Prime Minister stressed that academic scores alone cannot define a student's true abilities. Instead, he encouraged a broader approach to learning—one that nurtures creativity, curiosity, and real-world skills.

The PM reminded students that while exams are important, they are just a small part of the larger journey of knowledge and self-growth.

### **PM Modi replies to the question whether he fears death**

Prime Minister Narendra Modi reflected on the certainty of death, emphasizing that instead of fearing it, one should focus on making life meaningful. PM Modi pointed out that while death is inevitable, what truly matters is how life is lived. He urged people not to waste time in worry but to channel their energy into enriching their lives and contributing positively to the world. The Prime Minister stressed that since life is uncertain, every moment should be spent with purpose, learning, and making a difference.

### **Lex Fridman and PM Modi Discuss Gayatri Mantra's Deeper Significance**

During the podcast, Lex Fridman recited the Gayatri Mantra and turned to Prime Minister Narendra Modi to ensure his pronunciation was correct. In response, the Prime Minister recited the mantra himself, sharing its deeper significance. PM Modi explained that the Gayatri Mantra is deeply rooted in Surya Upasana and carries a profound spiritual essence. The Prime Minister further highlighted that every mantra is not just a set of words but has a scientific connection, reflecting different aspects of life and the universe. He emphasized that ancient Indian traditions seamlessly blend spirituality and science, offering timeless wisdom to humanity.