These prime numbers are usually larger

$P = 7 \quad Q = 13$

$N = 91 \qquad R = 72 \quad (p-1)(q-1)$

$k = 145$

$e = 5$

$d = 29$ Relatively prime

$e * d \,\%\, r = 1$

Message = 'HI

Ascii = 72 73

Because P and Q were small numbers and N is a low value each ascii value of the string will need to be smaller than N.

Encrypt

$I(72)^5 \,\%\, 91 = 47$

$H(73)^5 \,\%\, 91 = 11$

decrypt

$(47)^{29} \,\%\, 91 = 72$ (ascii I)

$(11)^{29} \,\%\, 91 = 73$ (ascii H)