

Ministry of Education



## Pariksha Pe Charcha 2025

**PM Shri Narendra Modi to interact with Students Nationwide at 11 AM on February 10th on multiple platforms including DD**

**36 Students from All States/UTs to directly interact with PM Modi at Pariksha Pe Charcha**

**From Mental Health to Technology, Top Experts across broad spectrum to join PPC 2025 to guide students in the most engaging and interactive manner.**

**PPC 2025 sets record with 5 Crore participation Nationwide**

Posted On: 06 FEB 2025 12:08PM by PIB Delhi

The most awaited Pariksha Pe Charcha 2025 (PPC 2025) is set to take place at 11 AM on February 10, 2025. Prime Minister Shri Narendra Modi will interact with students, parents, and teachers, offering insights on exam preparation, stress management, and personal growth.

**The wait is over!**

**Pariksha Pe Charcha 2025 (PPC 2025) is set to take place on February 10, 2025.**

**Hon'ble Prime Minister Shri @narendramodi will interact with students, parents, and teachers, sharing valuable insights on exam preparation, stress management, and personal growth.... [pic.twitter.com/C4zhUmJX7s](https://pic.twitter.com/C4zhUmJX7s)**

**— Ministry of Education (@EduMinOfIndia) February 6, 2025**

This year, 36 students from all State and UT, have been selected from State / UT Board Government schools, Kendriya Vidyalaya, Sainik School, Eklavya Model Residential School, CBSE and Navodaya Vidyalaya. Some of the students are alumni of the PRERANA school programme, winners

of Kala Utsav and Veer Gatha. These students have been selected to engage directly with the Prime Minister—making this edition a true reflection of India’s diversity and inclusivity.

Adding a fresh dimension, PPC 2025 will unfold in an exciting new format spanning eight episodes. The first interaction with the Prime Minister will be telecast directly on Doordarshan, Swayam, Swayam Prabha, PMO YouTube channel and the social media channels of the Ministry of Education and Ministry of I&B ensuring that viewers across the nation can participate in this enriching experience.

With PPC becoming a Jan Andolan, the physical and mental well-being of our children is being addressed through significant community engagement. Accordingly, the 8<sup>th</sup> edition, i.e., PPC 2025 features renowned personalities from diverse fields who will share their experiences and knowledge, guiding students on key aspects of life and learning, in 7 subsequent episodes of PPC. Students participating in these sessions were also drawn through a process of selection from the States / UTs, different educational organisations and national-level school competitions. These episodes, focussing on varied issues include:

- **Sports & Discipline:** M C Mary Kom, Avani Lekhara, and Suhas Yathiraj will talk about goal setting, resilience, and stress management through discipline.
- **Mental Health:** Deepika Padukone will discuss the importance of emotional well-being and self-expression.
- **Nutrition:** Shonali Sabherwal and Rujuta Diwekar will highlight healthy eating habits and the role of quality sleep in academic success. Revant Himatsingka, known as Food Farmer, will provide insights into leading a healthy lifestyle.
- **Technology & Finance:** Gaurav Chaudhary (Technical Guruji) and Radhika Gupta will explore technology as a tool for smarter learning and financial literacy.
- **Creativity & Positivity:** Vikrant Massey and Bhumi Pednekar will inspire students to visualize and release negative thoughts, fostering a positive mindset.
- **Mindfulness & Mental Peace:** Sadhguru will share practical mindfulness techniques to help students maintain mental clarity and focus.
- **Stories of Success:** Toppers of various exams like UPSC, IIT-JEE, CLAT, CBSE, NDA, ICSE etc alongwith participants from previous edition of PPC will share how Pariksha Pe Charcha had influenced their preparation strategies and kept them motivated.

Since its inception in 2018, Pariksha Pe Charcha has evolved into a nationwide movement, and this year’s edition has broken previous records with over 5 Crore participation, marking it as the most engaging and impactful edition to date.

The Ministry of Education has put in special efforts to ensure that students, parents and teachers from all backgrounds can access this platform, making Pariksha Pe Charcha a transformative initiative that nurtures young minds, guiding them toward academic success and personal growth.

For live updates, participation details, and exclusive insights, stay connected to the Ministry of Education’s and Ministry of I&B’s social media platforms.

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**MV/AK**

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