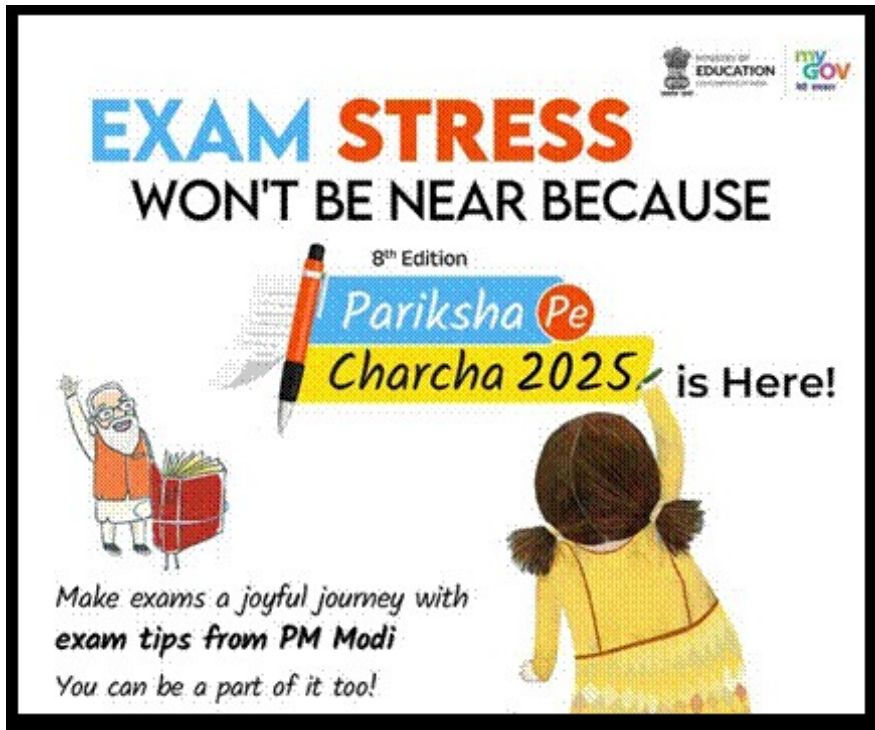


Pariksha Pe Charcha

Empowering Students, Transforming Lives

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Examinations are often a source of stress for students and their families, but the "**Pariksha Pe Charcha**" (PPC) initiative by **Prime Minister Narendra Modi** has been transforming this narrative. Scheduled for **11 AM on February 10, 2025**, this year's PPC will once again serve as an interactive platform where the Prime Minister directly engages with students, teachers, and parents. Each edition of PPC highlights innovative approaches to tackle exam-related anxiety, fostering a celebratory attitude toward learning and life.



The Record-Breaking PPC 2025

The **8th edition of PPC**, scheduled on **10 February 2025**, has already set a new benchmark. With **over 5 crore** participation, this year's program exemplifies its status as a *Jan Andolan*, inspiring collective celebration of learning. 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. Pariksha Pe Charcha 2025 will feature **seven insightful episodes**, bringing together **renowned personalities from diverse fields** to guide students on essential aspects of life and learning. Each episode will address key themes:

- **Sports & Discipline** – **M.C. Mary Kom, Avani Lekhara, and Suhas Yathiraj** will discuss goal setting, resilience, and stress management through discipline.
- **Mental Health** – **Deepika Padukone** will emphasize the importance of emotional well-being and self-expression.
- **Nutrition** – Experts **Shonali Sabherwal, Rujuta Diwekar, and Revant Himatsingka (Food Farmer)** will highlight healthy eating habits, sleep, and overall well-being.

- **Technology & Finance** – **Gaurav Chaudhary (Technical Guruji) and Radhika Gupta** will explore technology as a learning tool and financial literacy.
- **Creativity & Positivity** – **Vikrant Massey and Bhumi Pednekar** will inspire students to cultivate positivity and manage negative thoughts.
- **Mindfulness & Mental Peace** – **Sadhguru** will introduce practical mindfulness techniques for mental clarity and focus.
- **Stories of Success** – Toppers from UPSC, IIT-JEE, CLAT, CBSE, NDA, ICSE, and past PPC participants will share **how PPC shaped their preparation and mindset**.

A Journey Through the Years

2024: Nationwide participation.

The seventh edition of PPC, held on **January 29, 2024**, was expansive with **2.26 crore registrations** on the MyGov portal, it reflects the program's immense popularity and relevance. For the first time, **100 students from Eklavya Model Residential Schools (EMRS)** participated, symbolizing the inclusivity of the initiative. The event was held in a town-hall format at Bharat Mandapam, ITPO, Pragati Maidan, New Delhi, with approximately **3,000 participants**, including students, teachers, parents, and winners of the Kala Utsav.



Pariksha Par Charcha 2024

2023: Widening Participation

The 6th Edition of PPC was conducted on **27 January 2023** at **Talkatora Stadium, New Delhi**. Hon'ble Prime Minister of India interacted with students, teachers and parents during this programme and gave his valuable suggestions/ inputs to all stakeholders. The programme was telecast live by many TV Channels and YouTube channels. **718110 students, 42337 employees and 88544 Parents** viewed the live programme of PPC-2023. The interaction of the Hon'ble Prime Minister of India with students, teachers and parents was inspiring, motivating thought-provoking for all.



Pariksha Par Charcha 2023

2022: The Revival of Physical Interactions

5th Edition of **PPC** was conducted on **1st April 2022** at Talkatora Stadium, New Delhi. Hon'ble Prime Minister of India has interacted with students, teachers and parents in this programme and has given them his valuable suggestions/ inputs. **9,69,836 students, 47,200 employee and 1,86,517 parents** viewed the live programme of Pariksha Pe Charcha-2022. The programme was telecast live by the many TV Channels and YouTube channel etc



Pariksha Par Charcha 2022

2021: The Virtual Connection

In response to the COVID-19 pandemic, the fourth edition of PPC was held online on **7 April 2021**. Despite the challenges posed by the pandemic, the interaction continued to inspire students and their families. The focus shifted to resilience and adaptability, teaching life skills to help students navigate uncertain times.



Pariksha Par Charcha 2021

2020: Expanding Participation

The unique Town Hall format of the event in which the Hon'ble Prime Minister directly interacted with school students at the Talkatora Stadium, New Delhi was held on **20th January, 2020**. The event broadened its scope with an online competition for students that received **2.63 lakh entries**. Students from all over India and also Indian students residing abroad from **25 countries** participated. The event highlighted the need to embrace challenges as stepping stones for success.



Pariksha Par Charcha 2020

2019: Growing Reach

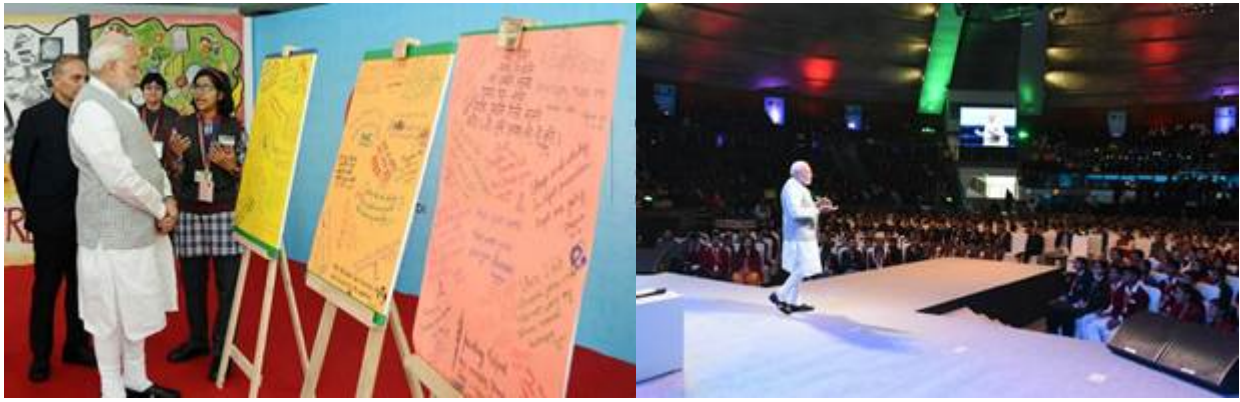
On **January 29, 2019**, the second edition of PPC took place at the same venue, witnessing an even greater level of participation. The interaction, which lasted for over ninety minutes, saw students, teachers and parents relax, laugh, and repeatedly applaud the Prime Minister's observations, which included a touch of humour and wit.



Pariksha Par Charcha 2019

2018: The Inaugural Interaction

The first-ever Pariksha Pe Charcha was held on **February 16, 2018**, at **Talkatora Stadium, New Delhi**. There were more than **2500** students from schools and colleges who were present in Talkatora Stadium of 16th February, 2018 for the interaction and more than **8.5 Crore** students from across the country viewed or heard the programme on DD/TV Channels/ Radio Channels. The Prime Minister emphasized holistic development, resilience, and the importance of maintaining balance during exams. The event's success set the tone for future editions.



Pariksha Par Charcha 2018

The Impact of Pariksha Pe Charcha

Over the years, PPC has evolved into an opportunity aimed at transforming exam-related stress into positive energy. By addressing real questions and offering actionable solutions, Prime Minister Modi has bridged the gap between policy and practice, empowering students to thrive under pressure. The program's inclusivity, digital reach, and innovative approaches ensure its continued success as a cornerstone of student engagement in India. With each passing year, PPC reinforces the message that exams are not the end but a beginning!

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