

Prime Minister Shri Narendra Modi interacted with students during the 1st episode of Pariksha Pe Charcha 2025

Deepika Padukone participates in 2nd episode of Pariksha Pe Charcha 2025

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On 10th February 2025, Prime Minister Shri Narendra Modi interacted with students at Sunder Nursery, New Delhi, during the first episode of the 8th edition of Pariksha Pe Charcha (PPC). In this informal yet insightful session, the Prime Minister engaged with students from across the country, discussing a variety of topics. The 36 students present learned from the Prime Minister valuable lessons on Nutrition and Wellness; Mastering Pressure; Challenging Oneself; The Art of Leadership; Beyond Books – 360° Growth; Finding Positives and more. This interactive session provided students with valuable insights and practical strategies to navigate academic challenges with confidence and a growth mind set.

Today, renowned actor and mental health champion Deepika Padukone participated in the second episode of the 8th edition of Pariksha Pe Charcha. Around 60 students attended the interactive session.



Deepika shared how addressing mental health challenges can be empowering and spoke about the valuable lessons she learned from her own struggles. Sharing her stress management strategies, she emphasized the importance of getting enough sleep, spending time outdoors in natural sunlight and fresh air, and maintaining a healthy daily routine to effectively reduce stress. She further emphasized that self-confidence and a positive mind set are key to success. Encouraging students to see failures as learning opportunities, she inspired them to keep moving forward with determination.

Reiterating Prime Minister Shri Narendra Modi's message—"Express, Never Suppress"—Deepika stressed the importance of seeking help when needed. She engaged with students in an interactive activity, where they wrote down their strengths and pinned them on a board on the stage, reinforcing the significance of self-awareness and recognizing one's strengths. She conducted a live grounding session through an activity called

54321, demonstrating a technique to improve concentration during exams.

Students physically present at the program posed their queries, and Deepika responded by drawing from her personal experiences, offering valuable insights and practical advice. Additionally, a student from an international CBSE school also had the opportunity to ask a question, further enriching the discussion with a wider perspective.

The 8th edition of PPC had 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. For the episode with the Prime Minister, 36 students from all State and UT were 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 additional six 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:

Link to watch the 1st episode: <https://www.youtube.com/watch?v=G5UhdwmEEIs>

Link to watch the 2nd episode: https://www.youtube.com/watch?v=DrW4c_ttmew

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