

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

## Shonali Sabherwal, Rujuta Diwekar and Revant Himatsingka participate in 4th episode of Pariksha Pe Charcha 2025

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Pariksha Pe Charcha 2025 has redefined student engagement, transforming into a dynamic, interactive experience that is resonating deeply with students, teachers, and parents across the country. Moving beyond the traditional Town Hall format, this edition fosters meaningful, two-way conversations, equipping young minds with practical strategies, life skills, and a fresh perspective on learning.

The eighth edition began on 10 February 2025 in the serene surroundings of Sunder Nursery, New Delhi, where Prime Minister Shri Narendra Modi connected with 36 students from across India. In a free-flowing, insightful discussion, he explored themes like Nutrition & Wellness, Mastering Pressure, Leadership, and 360° Growth, offering real-world wisdom on tackling academic challenges with confidence. His words inspired students to think beyond exams, embrace curiosity, and develop a mindset geared for lifelong learning.



In today's engaging fourth episode, leading nutrition experts Shonali Sabherwal, Rujuta Diwekar, and Revant Himatsingka—popularly known as the Food Pharmar—interacted with students on the vital role of nutrition in staying healthy and stress-free during exams.

They emphasized the power of superfoods like millets such as jowar, bajra, and ragi, which are packed with fibre, protein, and essential nutrients. These grains, they explained, help sustain energy levels and sharpen

focus, making them a must-have in every student's diet.

Shonali Sabherwal highlighted the link between a balanced diet, quality sleep, and concentration. She urged students to opt for light, nutritious meals to maintain focus and avoid sluggishness. Her golden rule? Ghar ka khana (home-cooked food) is always the best! She also suggested smart swaps for unhealthy snacks, like beetroot juice instead of soda and sweet potato chips instead of packaged snacks.

Rujuta Diwekar explained the benefits of rice and served students with delicious, exam-friendly recipes. From vegetable biryani and curd rice to homemade chakli and chaas/lassi, she explained why these wholesome foods are ideal for maintaining energy and mental clarity.

Revant Himatsingka talked about another crucial aspect of exam preparation—setting realistic goals. He warned against the stress and disappointment of unrealistic expectations, urging students to take a practical, step-by-step approach instead. He echoed the wisdom of Prime Minister Shri Narendra Modi, who encourages young minds to focus on setting attainable targets.

The session also saw participation from students beyond India, who had their queries answered by the experts. Many students later shared their experiences, calling the session eye-opening, enjoyable, and incredibly helpful in understanding the role of good nutrition in exam success.

On 12th February 2025 renowned actor Deepika Padukone interacted with around 60 in the second episode of the 8th edition of Pariksha Pe Charcha. Deepika shared how addressing mental health challenges can be empowering and spoke about the valuable lessons she learned from her own struggles.

On 13<sup>th</sup> February 2025, tech and finance took center stage as Gaurav Chaudhary (Technical Guruji) and Radhika Gupta (MD & CEO, Edelweiss Mutual Fund) introduced students to Artificial Intelligence and Machine Learning. They explored practical applications of AI tools, including ChatGPT and AI-powered image generation, while also discussing financial literacy - a crucial skill for future success.

Link to watch the 1<sup>st</sup> episode: <https://www.youtube.com/watch?v=G5UhdwmEEls>

Link to watch the 2<sup>nd</sup> episode: [https://www.youtube.com/watch?v=DrW4c\\_ttmew](https://www.youtube.com/watch?v=DrW4c_ttmew)

Link to watch the 3<sup>rd</sup> episode: <https://www.youtube.com/watch?v=wgMzmDYShXw>

Link to watch the 4<sup>th</sup> episode: <https://www.youtube.com/watch?v=3CfR4-5v5mk>

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