

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

## Sadhguru participates in 5th episode of Pariksha Pe Charcha 2025

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Pariksha Pe Charcha 2025, in its new and more engaging format, has been receiving overwhelming appreciation from students, teachers, and parents across the nation! Breaking away from the traditional Town Hall format, the eighth edition kicked off with an interactive and engaging session with Prime Minister Shri Narendra Modi at the lush green Sunder Nursery, New Delhi, on 10th February 2025.

In the first episode, the Prime Minister connected with 36 students from across the country, exploring a range of thought-provoking topics. He shared valuable lessons on Nutrition and Wellness, Mastering Pressure, Challenging Oneself, The Art of Leadership, Beyond Books – 360° Growth, Finding Positives, and much more. The session provided students with practical insights and effective strategies to tackle academic challenges with confidence, fostering a growth mindset and a well-rounded approach to learning.

To ensure holistic development, eminent personalities from diverse fields—including sports icons, technical experts, toppers of competitive exams, entertainment industry professionals, and spiritual leaders—are sharing their wisdom, enriching students with knowledge that goes beyond textbooks. With three more episodes already aired, each session continues to equip students with valuable lessons and practical strategies to navigate both academic and personal challenges with confidence.

In the fifth episode today, Sadhguru explored the significance of mindfulness, not just in tackling exam stress but in overcoming various life challenges. In an open-air setting among his students, he engaged in a free-flowing conversation, offering deep insights. He also expressed his gratitude to Prime Minister Shri Narendra Modi for initiating this effort to support students in managing exam-related stress.





Sharing his observations, Sadhguru spoke about witnessing many children suffering from stress-related health complications due to exam pressure. He emphasized that education is not merely about examinations but about gaining access to life itself. He advised students to keep their intelligence in 'dynamic mode,' explaining that education provides access to fundamental knowledge, which in turn opens doors to life.

Sadhguru underscored the importance of gaining competence, stating that every individual has the potential to sparkle and achieve the unimaginable—but to truly shine, one must strive with dedication.

Highlighting the need to learn playfully, he spoke about nurturing intelligence beyond its practical usefulness and understanding the depth of life experiences. He also shared some practical tips on limiting smartphone usage to maintain focus.

As part of the session, Sadhguru introduced students to Nada Yoga, demonstrating three basic sounds and advising them to practice for seven minutes every morning. The students eagerly participated, asking questions, to which he provided practical, insightful solutions to help them navigate their challenges.

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 Gaurav Chaudhary, popularly known as Technical Guruji, and Radhika Gupta, MD & CEO of Edelweiss Mutual Fund, introduced students to the fundamentals of Artificial Intelligence and Machine Learning. They explored the practical applications of ChatGPT and AI image-generation tools.

On 14<sup>th</sup> February 2025, leading nutrition experts Shonali Sabherwal, Rujuta Diwekar, and Revant Himatsingka—popularly known as the Food Pharmer—interacted with students on the vital role of nutrition in staying healthy and stress-free during exams.

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

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>

Link to watch the 5<sup>th</sup> episode: [https://www.youtube.com/watch?v=3GD\\_SrxsAx8](https://www.youtube.com/watch?v=3GD_SrxsAx8)

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