

Vikrant Massey and Bhumi Pednekar interact with students in 6th episode of Pariksha Pe Charcha 2025

Posted On: 16 FEB 2025 8:43PM by PIB Delhi

Building on the enriching discussions initiated by Prime Minister Shri Narendra Modi in the inaugural episode, the sixth episode of Pariksha Pe Charcha 2025 aired today, featuring actors Vikrant Massey and Bhumi Pednekar engaging with students on fostering creativity and embracing positivity in life.

Vikrant emphasized the power of visualization and encouraged students to maintain a journal of their daily activities. Engaging in an interactive discussion, he advised students to openly express their emotions and feelings to their parents. A student from The Indian High School, Dubai, UAE, sought his guidance on managing peer pressure and maintaining balance in life.

Expressing his gratitude to Prime Minister Shri Narendra Modi for promoting skill development in schools, Vikrant advised students to remain grounded while aiming high. He also conducted an engaging activity on emotion management, emphasizing the importance of well-being before exams. His key message to students was: “Eat well, rest well; keep improving; go, play, unplug.”



The second guest of the show, actor Bhumi Pednekar, shared her childhood experiences, how she coped with personal tragedy, and why she enjoys her profession. She advised students to focus on their strengths. She also expressed her love for meeting people, travelling, and exploring local cuisines, which makes her profession enjoyable. Another student from The Indian High School, Dubai, UAE, interacted with her, and she suggested that students express their feelings openly to their parents. In a masterclass, she taught students how to learn in their way and memorize any text with ease. She said that being spiritual helps one stay grounded and focused.



To ensure comprehensive development, distinguished personalities from various fields—including sports icons, technical experts, toppers of competitive exams, entertainment industry professionals, and spiritual leaders—are enriching students with insights beyond textbooks. With three more episodes already aired, each session continues to provide students with essential tools and strategies to excel academically and personally.

The eighth edition of Pariksha Pe Charcha (PPC) 2025, in its revamped and interactive format, has been receiving widespread appreciation from students, teachers, and parents across the nation. Breaking away from the traditional Town Hall format, this year's edition commenced with an engaging session featuring Prime Minister Shri Narendra Modi at the scenic Sunder Nursery, New Delhi, on 10th February 2025.

In the inaugural episode, the Prime Minister interacted with 36 students from across the country, discussing insightful topics such as Nutrition and Wellness, Mastering Pressure, Challenging Oneself, The Art of Leadership, Beyond Books – 360° Growth, Finding Positives, and more. His valuable guidance offered students practical strategies to tackle academic challenges with confidence while fostering a growth mindset and holistic learning.

As Pariksha Pe Charcha 2025 continues to unfold, it remains a beacon of inspiration for students, equipping them with confidence and resilience to face academic and life challenges with a positive mindset.

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

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

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

[Link to watch the 4th episode: https://www.youtube.com/watch?v=3CfR4-5v5mk](https://www.youtube.com/watch?v=3CfR4-5v5mk)

[Link to watch the 5th episode: https://www.youtube.com/watch?v=3GD_SrxsAx8](https://www.youtube.com/watch?v=3GD_SrxsAx8)

[Link to watch the 6th episode: https://www.youtube.com/watch?v=uhI6UbZJgEQ](https://www.youtube.com/watch?v=uhI6UbZJgEQ)

MV/AK

MOE/PPC/16 February 2025/10

(Release ID: 2103872)