

M C Mary Kom, Avani Lekhara, and Suhas Yathiraj participate in 7th episode of Pariksha Pe Charcha 2025

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Continuing the insightful discussions initiated by Prime Minister Shri Narendra Modi in the inaugural episode of Pariksha Pe Charcha 2025, the seventh episode aired today, featured iconic sportspersons M C Mary Kom, Avani Lekhara, and Suhas Yathiraj. They talked about goal setting, resilience, and stress management through discipline. They also shared personal anecdotes from their own lives and what they have learned from sports in their life.

Mary Kom spoke about how she defied the popular belief that boxing is not a women's sport, challenging societal perceptions not just for herself but for women across the country. Citing Prime Minister Shri Narendra Modi's advice to become one's own anchor, she reflected on her 20-year journey as a daughter, wife, and mother. She also stressed the importance of hard work, emphasizing that dedication and perseverance are the true drivers of success.



Suhas Yathiraj encouraged students to harness the power of the mind to overcome negative emotions like fear, which he identified as a major obstacle to success. He emphasized that overcoming fear is the only way to perform naturally and excel. Quoting, "To shine like the Sun, one must be ready to burn like the Sun," he urged students to embrace challenges with resilience and determination. He also introduced them to music therapy to channel positive energy and highlighted the importance of mindful thinking, as thoughts shape one's destiny.

Avani Lekhara underscored the significance of skill development, explaining how acquiring the right skills builds confidence and reduces fear. Drawing parallels from sports, she stressed the

importance of rest and recovery in studies, advocating for adequate sleep before examinations to ensure peak performance. She also guided students through an activity to boost confidence.

During the session, students raised questions on topics such as convincing parents about career choices, developing the courage to face challenges, and staying focused. Students from Dubai and Qatar also participated, sharing their queries with the guests.

All the guests unanimously emphasized that hard work is the key to success and that nothing can be achieved through shortcuts.

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. After the show the students reflected and shared their learning from the session.

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=G5UhdwmEEIs>

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>

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

Link to watch the 6th episode: <https://www.youtube.com/watch?v=uhI6UbZJgEQ>

Link to watch the 7th episode: https://www.youtube.com/watch?v=y9Zg7B_o8So

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