Ministry of Education

## Examination toppers participate in 8th episode of Pariksha Pe Charcha 2025

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The insightful discussions initiated by Prime Minister Shri Narendra Modi in the inaugural episode of the 8th edition of Pariksha Pe Charcha culminated with the eighth and final episode, where eight young achievers engaged with students. They were Radhika Singhal (CBSE topper 2022-23); Shuchismita Adhikari (ISC Exam topper 2024); Brahmacharimayum Nistha (PPC anchor & MBBS student, Manipur University); Ashish Kumar Verma (PPC anchor & IIT Delhi student); Vavilala Chidvilas Reddy (IIT JEE Advanced AIR - 1, 2023); Jai Kumar Bohara (CLAT AIR – 1, 2024); Armanpreet Singh (NDA AIR - 1, 2024); and Ishita Kishore (UPSC-CSE AIR - 1 2022).

While interacting with the students, Nistha suggested revising previous years' questions and learning to prioritize, as advised by Prime Minister Shri Narendra Modi in his book, emphasizing the importance of "becoming wise with revise." Shuchismita encouraged focusing on preparation and advised writing down answers to help articulate learned concepts.

Jai Kumar highlighted the need for personalized preparation strategies and recommended experimenting with different methods to find the best. He suggested studying for 25 minutes, taking a 5-minute break, and maintaining discipline in this routine. His key advice for students was to be ready to make sacrifices to achieve their goals.

Armanpreet emphasized focusing on strengths, while Ishita stressed the importance of honesty and not being overpowered by fear. She also highlighted the significance of maintaining a balanced schedule—studying for 7-8 hours, pursuing hobbies for 1-2 hours, and ensuring adequate sleep.

Radhika underscored the value of extracurricular activities in building confidence. Chidvilas shared tips for managing exam-related stress, suggesting activities such as indoor and outdoor games, reading, or listening to music between study sessions. He also encouraged students to remain happy but never complacent.

Nistha reminisced about her experience anchoring Pariksha Pe Charcha, highlighting how it enhanced her communication and preparation skills, benefiting her exam readiness. Ashish shared his mantra of the "three wins"—spiritual, mental, and physical.

Additionally, Ishita and Jai guided students through an interview masterclass, while Ashish conducted a session on question paper strategies, helping students prepare for life through structured time management.



Students asked questions about board exam preparation, societal support, and mastering life skills. Participants from Japan and Dubai also asked questions to the guests. After the session, students reflected on their learning from the interaction with the panellists.

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. Each session provided 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 –  $360^{\circ}$  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.

Pariksha Pe Charcha has been a beacon of inspiration for students, empowering them with confidence and resilience to tackle academic and life challenges with a positive mindset.

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

Link to watch the 2<sup>nd</sup> episode: <u>https://www.youtube.com/watch?v=DrW4c\_ttmew</u>

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

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

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

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

Link to watch the 7<sup>th</sup> episode: <u>https://www.youtube.com/watch?v=y9Zg7B\_08So</u>

Link to watch the 8<sup>th</sup> episode: <u>https://www.youtube.com/watch?v=hR9BazO6Vfo</u>

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