# PARIKSHA PE CHARCHA 2025

Pariksha Pe Charcha 2025, led by Prime Minister Narendra Modi, featured insightful discussions on various topics pertinent to students preparing for exams. While a complete transcript of the event isn't available, here are some key takeaways from the session:

**Handling Exam Pressure**: PM Modi used a cricket analogy to address exam stress. He likened students to batsmen in a stadium, emphasizing the importance of focusing solely on the "ball" (studies) and ignoring external distractions and pressures. This approach encourages students to concentrate on their tasks without being overwhelmed by external expectations.



**Time Management:** The Prime Minister highlighted that everyone has the same 24 hours in a day, but effective utilization makes the difference. He advised students to plan their day by listing tasks and prioritizing subjects that require more attention. By viewing challenging subjects as opportunities rather than obstacles, students can manage their time more efficiently.

**Setting Realistic Goals:** Addressing a student's concern about not meeting her target score, PM Modi emphasized setting achievable goals. He suggested that by setting targets slightly above one's comfort level, students can push themselves to achieve more without feeling discouraged. He reassured that not meeting a specific target isn't a failure but a step towards success.

**Self-Motivation:** PM Modi stressed the importance of self-motivation by setting small, attainable goals. Celebrating these daily achievements can keep students motivated. He encouraged students to find inspiration in their surroundings and to challenge themselves regularly.

**Message to Parents**: The Prime Minister urged parents not to compare their children with others. Instead, they should understand their child's dreams, recognize their strengths, and support their journey. He emphasized that parents should not let their own expectations or societal pressures hinder their child's success.



**Effective Use of Technology:** PM Modi emphasized the importance of using technology wisely. He urged students to shift their focus from passive consumption to active learning, suggesting that while technology is a powerful tool, its benefits depend on how it is utilized. Instead of spending excessive time on social media, students should leverage digital platforms to expand their knowledge and enhance their skills.

**Overcoming Failures:** Addressing concerns about anxiety and depression during exam preparations, PM Modi emphasized the importance of sharing emotions with elders, including parents and teachers. He stated that open conversations help alleviate stress and create a supportive environment, making individuals feel lighter and more confident.

**Holistic Development:** The event also featured discussions with renowned personalities from diverse fields. For instance, actress Deepika Padukone shared insights on mental health and the importance of maintaining a balanced lifestyle during exam preparations.

**Embracing Challenges**: PM Modi encouraged students to view difficult subjects as opportunities rather than obstacles. He emphasized that tackling challenging topics head-on can lead to personal growth and a deeper understanding of the material. By embracing challenges, students can develop resilience and a positive mindset towards learning.

**Maintaining Physical Health:** The Prime Minister highlighted the importance of physical well-being during exam preparations. He advised students to incorporate regular physical activity into their daily routines, as a healthy body contributes to a healthy mind. Engaging in sports or exercise can help reduce stress and improve concentration.



**Seeking Support:** PM Modi urged students not to hesitate in seeking support from teachers, parents, or peers when faced with difficulties. He emphasized that asking for help is a sign of strength and a willingness to learn. Building a support system can provide students with different perspectives and solutions to challenges they may encounter.

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