



REPORT ON PARIKSHA PE CHARCHA-2024

Date: January 29, 2024

Programme: Pariksha Pe Charcha-2024

Venue: MP Hall (Through Television Live Stream)

Organized by: Ministry of Education

The seventh edition of Pariksha Pe Charcha took place on January 29, 2024, at Bharat Mandapam in Pragati Maidan, New Delhi, organized by the Ministry of Education. Prime Minister Narendra Modi engaged with students preparing for board examinations, their parents, and teachers from 11 am to 1.125 pm.

A live stream of the programme was arranged at Bal Bharati Public School in Neelbad, Bhopal, in MP hall. Approximately 250 students from class 6th to 12th, along with their teachers participated in the live stream. This provided them with valuable insights into managing stress during board examinations, as extracted from the speech of Prime Minister Narendra Modi.

Top 5 Quotes from PM Modi's Speech were:

- Competition and challenges act as inspirations in life, but competition must be healthy.
- Students have become more innovative than ever. This program is like an exam for me, too.
- Some parents treat their child's report card as their own visiting card; this is not good.
- You must not compare one child with another, as that can be detrimental to their future.

PM Modi's Advice to Teachers:

Teachers should not take their work as a mere job; they should take it as a means to empower the lives of students.

PM Modi's Advice to Students:

During the interaction, Prime Minister Modi provided practical advice to students, including:

- Setting a healthy limit for mobile phone and social media usage.
- Set small goals and prepare gradually.
- Not running away from technology but using it judiciously.
- Having faith in themselves.
- Assessing their options and pursuing activities aligned with their interests.
- Calm yourself; take a few minutes to do deep breathing exercises in the exam hall.
- Focus on writing during the preparatory stage.
- Underscoring the significance of having ambitious friends.

Insights on Coping with Exams and Stress:

PM Modi shared valuable insights on coping with exams and related stress, covering:

- Managing exam stress and anxiety.
- Effective study techniques and time management.
- Maintaining a healthy lifestyle during exams.
- The importance of parental support and guidance.
- The power of positive thinking and self-belief.

Appeal to Parents:

The Prime Minister urged parents to refrain from comparing their children with their peers and emphasized the need for healthy competition among students.

Student Interaction:

Class 11 student Swathi from Calicut addressed a question to PM Modi, asking about ways to avoid unhealthy competition and dealing with peer pressure.

Students from Kendriya Vidyalaya composed a song to welcome PM Modi on the eve of Pariksha Pe Charcha. The lyrics encouraged a positive approach towards facing the challenges of exams.

"Kis baat ki hai chinta, kis baat ka hai darr, kuch bhi kathin nahi hai hum than le agar, jeevan hai parikshaon se bhara, aao karein pariksha pe charcha"

Pariksha Pe Charcha-2024 provided a platform for meaningful interaction between the Prime Minister and students, parents, and teachers. The event offered valuable insights into stress management during exams and emphasized the importance of a positive and healthy educational environment.