

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY

RAJYA SABHA
STARRED QUESTION NO. 285
ANSWERED ON 26.03.2025

Pariksha Pe Charcha 2025

285 # **Shri Amar Pal Maurya:**

Will the Minister of *Education* be pleased to state:

- (a) the steps taken by Government to enable students from rural and remote areas to fully participate in “Pariksha Pe Charcha 2025”;
- (b) the manner in which Government will implement the advice of “Pariksha Pe Charcha” to enhance mental health and emotional support in Government schools; and
- (c) the benefits that have been derived when celebrities and experts interacted with students in previous years?

ANSWER

MINISTER OF EDUCATION
(SHRI DHARMENDRA PRADHAN)

- (a) to (c): A statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY OF THE RAJYA SABHA STARRED QUESTION NO. 285 ANSWERED ON 26.03.2025 ASKED BY SHRI AMAR PAL MAURYA, HON'BLE MP (RS) REGARDING 'PARIKSHA PE CHARCHA 2025'.

(a) Hon'ble Prime Minister conceptualized a unique interactive programme - Pariksha Pe Charcha (PPC) wherein students, parents, teachers across the nation and also from overseas interact with him to discuss and overcome the stress, emerging out of examinations in order to celebrate life as an Utsav. In PPC programme 2025, maximum participation has been ensured from students across diverse socio-economic backgrounds, especially those from rural and remote areas through a combination of outreach efforts by coordinating at all levels with the State Government, Autonomous Bodies running the schools like NVS, KVS, EMRS, schools under Defence, Railway Board amongst others. Extensive activities related to PPC, i.e. reduction in exam stress through activities encouraging physical and emotional well-being, were carried out throughout Bharat, over a period of 10 days from 13th January to 23rd January, 2025. On 23rd January, 2025, coinciding with the Birth Anniversary of Netaji Subhas Chandra Bose, in almost all Districts across the country, viewing of the series 'Bharat Hain Hum' - a motivational and inspirational series on several freedom fighters was shown to students and quiz on the same was held. All of these activities resulted in the total participation of over 5 crore in the 8th edition of PPC 2025, ensuring that the participants come from all background; rural, urban, Government, private and also from different countries. Also, it may be noted that in the main episode with Hon'ble Prime Minister, 36 children one each from all States and UTs were represented. Further, in all the other 7 episodes which had 50 to 60 students, students from all States and UTs and from all types of schools participated.

(b) (i) Mental health and its related issues including emotional well being was one of the major topics covered by Hon'ble PM during the recently held PPC which was disseminated on electronic and digital platforms across the country. It may be stated that apart from the session of Hon'ble PM, two separate sessions were held on mental health and overcoming them from experts in two of the 7 other episodes that followed.

(ii) Further, to deal with some of the issues related to mental and emotional well being of the students, the National Council of Educational Research and Training (N.C.E.R.T.) has introduced the **Manodarpan** initiative which aims to foster **mental well-being awareness** among teachers, parents, and students while providing direct **psychosocial support**. The

programmes are undertaken by Manodarpan include (a) '*Sahyog*' sessions organized with practicing counsellors across different regions for students of classes VI-XII addressing concerns related to mental health and well-being and (b) '*Paricharcha*' webinars organized every Friday with experts in the field of mental health and education. Further, Mental Health Week (4th-10th October) and World Mental Health Day (10th October) celebrations have been facilitated in schools across the country since the year 2020.

(iii) A **National toll-free helpline (844-844-0632)**, with countrywide outreach to students from schools, colleges and universities and to their families and teachers, has been extending guidance and support to callers through trained counsellor providing voluntary counselling services since July 2020.

(iv) Also, Awareness and Capacity Building Programmes such as the National School Counsellors' Summit and Substance Abuse in schools have also been organised by the Manodarpan Cell, NCERT.

(c) The positive impact of the Pariksha Pe Charcha interaction is reflected clearly in the participation numbers which have increased from 22,000 in 2018 to 2.26 crore in 2024 and then to 3.56 crore registration in 2025. Further, over 1.55 crore undertook activities of PPC 2025. Hence, total participation was over 5 crore in PPC 2025. Also, it may be stated that the benefits derived from 8th edition of PPC 2025 programme are enhanced awareness and strategies for managing exam-related stress among students, leading to better mental health outcomes, broad participation across diverse regions through direct interaction with influential personalities. It ensures inclusivity, nationwide and global engagement that fosters a sense of community and collective responsibility, motivation through success stories and a holistic approach to students' development, including emotional, physical, and academic growth etc.
