

**GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION AND LITERACY**

**LOK SABHA
UNSTARRED QUESTION NO -2564
ANSWERED ON - 17/03/2025**

Pariksha Pe Charcha, 2025

†2564. Shri Pradeep Kumar Singh:
Shri Tejasvi Surya:
Shri Vijay Baghel:
Smt. Poonamben Hematbhai Maadam:
Smt. Kamaljeet Sehrawat:
Shri Chavda Vinod Lakhamshi:
Smt. Himadri Singh:
Shri Mukesh Rajput:
Shri Bibhu Prasad Tarai:
Shri Jagdambika Pal:
Shri Manish Jaiswal:

Will the Minister of EDUCATION be pleased to state:

(a) the manner in which the Government has ensured maximum participation of students from diverse socio-economic background, especially from the rural and remote areas particularly of Jharkhand in 'Pariksha Pe Charcha' in 2025;

(b) the manner in which the Government plans to implement and promote the mental health and emotional well-being advise given during Pariksha Pe Charcha specially in Government schools, including Amroha Parliamentary Constituency;

(c) the tangible benefits derived by the Government from the last year's Pariksha Pe Charcha editions, where celebrities and experts interacted with students; and

(d) whether the Government proposes to expand the format of said programme with the extraordinary participation of over five crore individual in the current year wherein, interactive digital platforms or regional level events are likely to be included to engage more students across the country?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION

(SHRI JAYANT CHAUDHARY)

(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 like Jharkhand, NE States, Ladakh etc. 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 has 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 including Amroha Parliamentary Constituency. 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 has also been organised by the Manodarpan Cell, NCERT.

(c) The success and 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 tangible 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.

(d) PPC 2025 developed a new format for the main event which spanned eight episodes with prominent personalities and experts including the interaction with the Hon'ble Prime Minister which includes the following:

1. Mental Health issues
2. Tech and Artificial Intelligence in Studies
3. Role of Food and Nutrition in Studies
4. Mindfulness
5. Delivering under Pressure by Artists
6. Focus & Pressure Management by Sports personalities
7. Learning from the toppers

With the success of this episode in this 8th Edition, Ministry will continue exploring all avenues to ensure that the students, parents and teachers from all parts of the country are able to participate meaningfully in the coming years.
