

Pariksha Pe Charcha 2025 will feature renowned personalities from diverse fields who will share their experiences and knowledge, guiding students on key aspects of life and learning, in 7 subsequent episodes of PPC.

These episodes, focussing on varied issues include:-

- (i) Mental Health: Ms. Deepika Padukone will discuss the importance of emotional well-being and self-expression.
- (ii) Technology & Finance: Shri Gaurav Chaudhary (Technical Guruji) and Ms, Radhika Gupta will explore technology as a tool for smarter learning and financial literacy.
- (iii) Nutrition: Ms. Shonali Sabherwal and Ms. Rujuta Diwekar will highlight healthy eating habits and the role of quality sleep in academic success. Shri Revant Himatsingka, known as Food Farmer, will provide insights into leading a healthy lifestyle.
- (iv) Mindfulness & Mental Peace: Shri Sadhguru will share practical mindfulness techniques to help students maintain mental clarity and focus.

These episodes will be broadcast live from 12th February to 15th February, 2025 at 10.00 AM by Doordarshan through DD National, DD News and DD India etc. Most of the private TV channels would also broadcast the programme live. It will also be available through live airing on radio channels (All India Radio Medium Wave, All India Radio FM Channel) Live Web streaming on websites of PMO, MoE, Doordarshan, MyGov.in and YouTube channel of MoE, Facebook Live and Swayamprabha channels of MoE.