



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/DS(MS)/2025

Date: 12.02.2025

Circular No: Acad-10/2025

All the Heads of Schools affiliated to CBSE

Subject: *Pariksha Pe Charcha* 2025 – reg.

Dear Principal

As you are aware, the Hon'ble Prime Minister interacted with students in *Pariksha Pe Charcha* 2025 at New Delhi on 10th February 2025 at 11 am.

Adding a fresh dimension, the PPC 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:

- Mental Health:** Ms. Deepika Padukone will discuss the importance of emotional well-being and self-expression.
- Technology & Finance:** Shri Gaurav Chaudhary (Technical Guruji) and Ms. Radhika Gupta will explore technology as a tool for smarter learning and financial literacy.
- 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.
- 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. Some other TV channels would also broadcast the programme live. These 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, Ministry of Education, Doordarshan, MyGov.in and YouTube channel of Ministry of Education, Facebook Live and Swayamprabha channels of Ministry of Education. The same can be viewed online on the following link:

https://www.youtube.com/watch?v=DrW4c_ttmew

The schools may also display banner on their school official websites and at all prominent places. The link for the banner is:

<https://drive.google.com/drive/folders/1R7tSyifCWHVXq3pYbUv22OGsk7vrm5D3>

All schools are requested to make necessary arrangements for installation of large screens in the school so that all the students from class 6 and above can view/ hear the live telecast.

With best wishes

Dr. Praggya M Singh
Director (Academics)



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