

PARIKSHA PE CHARCHA

with Hon'ble Prime Minister of India

Shri Narendra Modi



ALISHA ZAINAB



Alisha Zainab, born and raised in Aligarh, is an inspiring young author who enjoys exploring different subjects and sharing her knowledge with others. She is currently studying in Class 8th at 'Our Lady of Fatima Senior Secondary School, Aligarh'. From a young age, she has shown a keen interest in writing and academics. She has a deep interest in writing and learning new things. She has dedicated herself to creating content that helps her peers succeed in their studies. She has a passion for writing, which is evident from her debut work on "Pariksha Pe Charcha". She began compiling this book in 2018, inspired by Prime Minister Shri Narendra Modi's "Pariksha Pe Charcha" initiative, aimed at helping students prepare for exams and reduce their stress. She completed the book in 2024. Throughout her efforts, she has received several awards for her different achievements.

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Pariksha

Pe

Charcha 2018-2024

with

Hon'ble Prime Minister of India
Shri Narendra Modi

Alisha Zainab



नरेंद्र मोदी अध्ययन केंद्र
Centre for Narendra Modi Studies (CNMS)

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PARIKSHA PE CHARCHA (2018-2024)

Compiled by **Alisha Zainab**

Material: Pariksha Pe Charcha 2018-2024 consists of interactions of Hon'ble Prime Minister of India Shri Narendra Modi with students, teachers and parents from across the country on how to take board and entrance exams in a relaxed and stress free manner.

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Dedicated

to

Our Lady of Fatima

Senior Secondary School, Aligarh

&

My Friends

Foreword

Exams have become an important part of every student's life and help students to measure their academic progress. However, anxiety, stress, and pressure are common companions for students as they prepare for their exams. But, what if exams didn't have to be so intimidating? What if, instead of fearing exams, students could approach them with confidence, calmness, and clarity? This is exactly what our Honourable Prime Minister Shri Narendra Modi aims to achieve through his initiative, "Pariksha Pe Charcha".

Since its inception in 2018, "Pariksha Pe Charcha" has been a platform where students, teachers, and parents can engage with Prime Minister in an open dialogue about exams, education, and life beyond the classroom. It's all about preparing for exams and about preparing for life. The wisdom and insights shared by Shri Narendra Modi through this initiative have inspired millions of students to view exams from a fresh perspective.

The idea behind "Pariksha Pe Charcha" is simple: to encourage students to embrace exams as a part of their learning journey rather than something to be feared. Prime Minister Narendra Modi's words have

reassured countless students, helping them understand that exams are just a stepping stone in life and not the final destination. His approach is unique because he doesn't just talk about studying hard; he emphasizes the importance of balance in life - between study, play, creativity, and rest.

I believe this book, compiled by the young and enthusiastic Alisha Zainab, will serve as a guide and a source of inspiration for students across the nation. By bringing together the key messages, speeches, and conversations from "Pariksha Pe Charcha", this book provides readers with access to the wealth of knowledge and encouragement shared by our Honourable Prime Minister Shri Narendra Modi.

Shri Narendra Modi has always believed in the potential of our youth. He sees students as present-day changemakers. He believes that every student has the ability to bring positive change in the world, and through "Pariksha Pe Charcha", he encourages them to do so with courage and confidence.

One of the most beautiful aspects of "Pariksha Pe Charcha" is the fact that it addresses not just the academic side of a student's life, but also their emotional and psychological well-being. The Prime Minister emphasizes the importance of mental health, advising students to stay calm, maintain focus, and avoid unnecessary stress. His messages teach students to adopt a healthy and balanced approach towards exams and emphasizes that physical well-being and mental clarity are just as important as

academic performance.

In this book, readers will find valuable advice on how to handle exam pressure, maintain a positive mindset, and make the most of their learning experiences. But more than that, they will find life lessons -lessons about perseverance, hard work, optimism, and the importance of never giving up. Shri Narendra Modi reminds students that failure is not the end; it is merely a stepping stone towards success.

This compilation of the Prime Minister's speeches and messages through "Pariksha Pe Charcha" also touches upon the role of parents and teachers in a student's life. He speaks directly to parents, urging them to support their children with their studies and emotional needs. He encourages teachers to inspire curiosity and creativity in their students, to help them think beyond the textbook, and to prepare them for the challenges of the real world.

"Pariksha Pe Charcha" is about answering questions related to exams, especially the bigger questions in life. What is success? How do we define it? How can we stay positive even when things don't go as planned? These are the questions that Shri Narendra Modi addresses in his conversations with students. And the answers he provides are ones that will stay with readers for a lifetime. Through this book, Alisha has taken a step towards ensuring that more students, parents, and teachers can benefit from the wisdom shared by our Prime Minister. I commend her for her dedication and passion in compiling these

insights, and I am confident that this book will inspire and motivate readers of all ages. Whether you are a student preparing for exams, a parent guiding your child, or a teacher shaping young minds, this book will offer you valuable takeaways that can positively impact your approach to education and life. In today's competitive world, where academic performance often takes center stage, it's important to remember that exams are just one part of the journey. What truly matters is the knowledge we gain, the skills we develop, and the values we uphold. Shri Narendra Modi's "Pariksha Pe Charcha" reminds us of this, urging students to stay grounded, focused, and optimistic.

I would like to extend my heartfelt congratulations to Alisha Zainab for her efforts in bringing this book to life. I have no doubt that this book will continue to inspire and guide students for years to come. May this book empower students to approach exams, and life itself, with greater confidence and clarity.

Happy reading!

Prof Jasim Mohammad

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How Pariksha Pe Charcha inspired me to ace my exams



- Alisha Zainab

Do you feel nervous or stressed before exams? Do you wish you could get some tips and advice from someone who has faced many exams in life?

As we all know, Exams are a part of every student's life. They test our knowledge, skills and abilities. They also shape our future and career. But exams can also be stressful and scary. We may feel anxious, nervous or doubtful about our performance. We may worry about the expectations of our parents, teachers and peers. We may wonder how to cope with the pressure and competition.

I was feeling very nervous and stressed before my exams. I had a lot of syllabus to cover and a lot of expectations to meet. I was afraid of failing or disappointing my parents and teachers. I was looking for some guidance and motivation from someone who

could understand my situation and help me overcome my fears. Amongst all the subjects, Maths has always been my weakest subject. I used to dread the Maths exams and get nervous whenever I had to solve a problem. I felt that Maths was boring, difficult, and irrelevant to my life. I used to avoid studying Maths and hope for a miracle to pass the exams.

So, in this situation you need some guidance and inspiration from someone who has faced many exams in life and achieved great success. Someone who can share his wisdom and experience with us. Someone who can motivate us to overcome our fears and challenges. Someone who can make us feel confident and positive.

My father informed me about Pariksha Par Charcha and I came across Pariksha Par Charcha which means Discussion on Examination, a special initiative started by Prime Minister Narendra Modi in 2018, where he interacts with students, parents and teachers on various issues related to exams, education and life. I watched the 7th edition program online on 29th January 2024, while I was preparing for my exams. I have always been a fan of Prime Minister Narendra Modi. I admire his vision, his leadership, and his charisma. But I became an even bigger fan after I watched his recent Pariksha Pe Charcha program. I was amazed by the way the Prime Minister spoke to us. He was not like a typical politician or a teacher, but like a friend, a mentor, and a well-wisher.

He listened to our questions and answered them with his wisdom and experience.

I could say Pariksha Pe Charcha is not just a talk show where the Prime Minister answers questions from students, parents and teachers but a life-changing show. It is a mission to empower students to become exam warriors and life warriors. It is a message to celebrate life as an Utsav, a festival. It is also a part of a larger movement called Exam Warriors, which aims to create a stress-free atmosphere for youngsters. PM Modi has also written a book called Exam Warriors, which contains 25 mantras for exam success. I read the book and found it very useful and interesting.

Pariksha Pe Charcha is a platform where PM Modi Ji motivates and guides students on how to face exams and life with confidence and joy. He does not talk down to students, but talks as a friend, a mentor, and a well-wisher. He motivated students to overcome their challenges and achieve their goals. He also made them feel special, valued, and respected and made them proud of their culture, heritage, and achievements.

I am highly grateful to the Prime Minister Narendra Modi for organising such a program. He has changed not only my outlook on exams and life but also of my friends. He has given us a new confidence, a new enthusiasm, and a new direction through Pariksha Pe Charcha, which is a wonderful

opportunity for students to connect with PM Modi and learn from his advice and insights. It is also a platform for parents and teachers to understand the needs and aspirations of the students and to support them in their journey.

I was so inspired by Pariksha Pe Charcha that I decided to do something more with it. I asked my father if we could compile a book of PM Modi's all interactions, speeches and messages during Pariksha Pe Charcha. He agreed and said it was a great idea. He said that such a book would be a treasure for students, parents and teachers, as it would contain the wisdom and guidance of the Prime Minister on various aspects of exams and life. We started working on the book and soon realized that it was not an easy task. It required a lot of research, analysis, editing and formatting. But we also enjoyed the process, as we learned a lot from PM Narendra Modi Ji's Pariksha Pe Charcha. We felt that we were not just making a book, but also becoming exam warriors and life warriors ourselves. We hope to finish the book soon and share it with our friends, family and school. We believe that the book will be a valuable resource and a source of inspiration for anyone who wants to excel in exams and life.

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PM Narendra Modi Interacts with Students, Talks About Exam Stress

16 FEB 2018



The Prime Minister, Shri Narendra Modi, held a Town Hall session with students on subjects related to examinations. He took questions from students at the event venue in Talkatora Stadium in New Delhi. Students also asked him questions through various television news channels, the Narendra Modi Mobile App, and the My Gov platform.

Beginning the conversation, the Prime Minister said that he had come to the Town Hall session as a friend of the students, and their parents and family. He said that he was speaking to as many as 10 crore

people across the country, through various platforms. He acknowledged his own teachers, who had instilled in him the values that enable him to keep the student in him alive till today. He exhorted everyone to keep in them.

“Self-confidence comes by challenging ourselves and working hard. We should always think of bettering ourselves”: PM

the student alive

In the course of the event which lasted about two hours, the Prime Minister took questions on a range of subjects, including nervousness, anxiety,



concentration, peer pressure, parents' expectations, and the role of teachers. His answers were embellished with wit, humour and a number of different illustrative examples.

He quoted Swami Vivekananda to invoke the importance of self-confidence, to deal with examination stress and anxiety. He gave the example of the Canadian snowboarder Mark Mc Morris, who won a bronze medal in the ongoing Winter Olympic Games, just eleven months after suffering a life-threatening injury.



“Self-confidence comes by challenging ourselves and working hard. We should always think of bettering ourselves,” he said.

On the subject of concentration, the Prime Minister recalled the great cricketer Sachin Tendulkar's advice on the radio programme Mann Ki Baat. Tendulkar had said that he only focuses on the ball that he is playing at present, and does not worry about the past or future. The Prime Minister also said that Yoga can help in improving concentration.

On the subject of peer pressure, the Prime Minister spoke of the importance of “Anuspardha” (competing with oneself), rather than “Pratispardha” (competing with others). He said one should only try to do better than what one had achieved earlier.

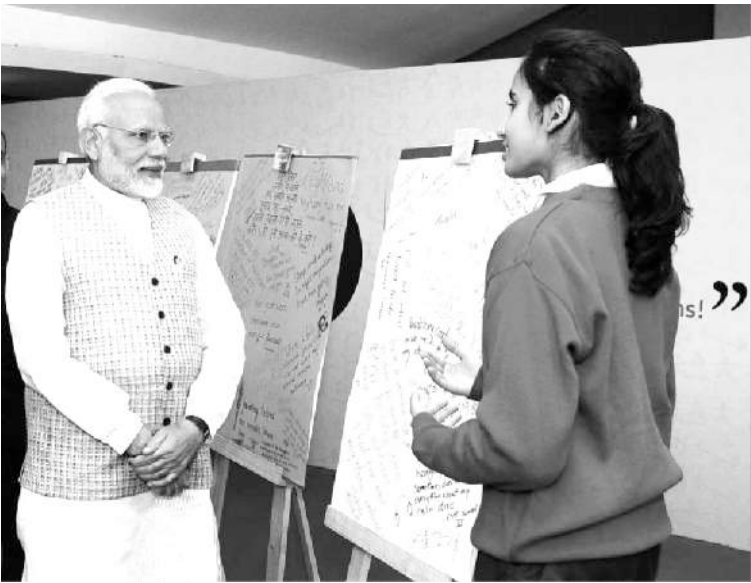
Noting that every parent sacrifices for his or her child, the Prime Minister urged parents not to make the achievements of their child a matter of social prestige. He said every child is blessed with unique talents.

The Prime Minister explained the significance of both the Intellectual Quotient, and the Emotional



Quotient, in the life of a student.

On time management, the Prime Minister said that for students, one time-table or a schedule cannot be appropriate for the full year. It is essential to be flexible and make best use of one's time, he added.



PM Shri Narendra Modi Ji at Pareeksha Pe Charcha

29 JAN 2019



Last year too I had the opportunity to meet the students who were preparing for the exam. This time too I have got the chance and I am grateful to the Education Department for giving me this opportunity to meet you all.

Today I am extremely delighted that the students from almost all the states of India are present here today. In a way, a mini- India is in front of me. While from another perspective, the future of India is in front of me.

Before coming and talking to you all, this morning our country's former Defense Minister Mr. George Fernandes passed away. He was a robust and a soldier-like leader. He was born at one place, worked in some other place, had been a representative of the people of yet another place. In a way, he had lived in

different parts of India. During the emergency period, he had struggled a lot to re-establish democracy.

Parents should not expect their children to fulfil their own unfulfilled dreams. Every child has his or her own potential and strengths, and it is important to understand these positives of every child: Prime Minister

But he had been ill, unconscious and bed-ridden for the past several years. Today he has left this world. I pay my homage to George Saheb.

Friends,

There has been a change in Parikshape Charcha from the last time in terms of experience. As per the demand, people from different countries of the world are also associating today. Similarly, it has been ensured that there are representations from all the states of India and can interact with those students. There are both senior students as well as junior students. It would have been incomplete if guardians, the parents and the teachers were not present. Therefore efforts have been made to generate opportunities of interacting with those who are directly associated with the lives of the students.



I believe that whatever has been depicted in the dance performance just a few moments ago makes my speech irrelevant. Everything is inherent in that. This dance presentation had created a new faith and a new hope for everyone present here including me, and the viewers of this programme across the country. I congratulate them all and a special applause for the amazing performance of Rina in that entire program; she exhibited an extraordinary enthusiasm of living life despite being handicapped with two missing arms and a leg.



We were watching an old video. And I had told you to just forget that you are here in this programme. Just try to feel that you are with your family and are conversing with your family members and a familiar face of your family is chatting with you. If the environment remains light and casual then even, I will be able to learn a lot!

I am here in this programme not to preach. Neither do I wish to preach the parents, the teachers or even the students. I am here so that I can live like you all do

and to try to experience your state of mind.

Come let's begin. From where should we start?

Presenter - Sir, this time there are students, teachers and parents too; that too from within the country as well as from foreign countries. Firstly RoliDatta, from Kolkata, who is a teacher, wants to ask you questions.

Questioner - Hello Sir, my name is RoliDatta and I teach biology at KendriyaVidyalaya, Kolkata. My question to you is sir, as a teacher, what should we tell the parents who believe that the future of their children depends solely on an exam?

Presenter - Sir, there is another question similar to this, from Rohit Shree who is sitting among us now and is basically from Kerala but staying in Delhi and preparing for civil services.

Questioner - Honorable Prime Minister Greetings, my name is RohitShree, I am a resident of Kerala and I am now preparing for the UPSC in Delhi. Sir our parents and our teachers have a lot of expectations from us, due to which we are burdened with a lot of pressure. Sir, I think your situation is just like ours. The people of the country have more expectations from you. Prime Minister sir, kindly tell us how do you deal with these expectations, and how shall we deal with it? Thank you.

Presenter - Honorable Prime Minister, you are requested to please inspire them.

Modiji- You are from Kerala but you can speak better Hindi than me. During your classes 10th or 12th or during final exams, most of you have to hear the rebukes, sometimes even ten times a day - don't you understand? Why are you always on the telephone with friends? Leave the computer! Start studying! What are you doing? Isn't that the case? Do tell me



the truth.

Actually, one cannot deny the importance of an examination. I can never say that you should not bother about it; or we can deal with it later. Was that exam the life's examination? Or was it just for that particular class? So if we decide that the exam is just for class 10th or class 12th and not a criterion for my life. With this thought, the burden will be reduced. This will also improve our focus in that work.

They say life becomes worthless if one fails in class 10th. Life is not limited to the corridors of examinations, there is big world outside of it too.

Long time ago, I read a poem. I don't remember the whole poem but it carried a line.

It said- 'Few toys if broken, does not end the Childhood'. I believe this line conveys a big message- 'Few toys if broken does not end the Childhood'. Life does not stop if one does not perform well in exams. It is important to have challenges in every moment of life. It makes us strong, and gives us new energy. It provides us an opportunity to display our knowledge. If we don't face challenges, our life will stagnate and

stagnation cannot be the life. Life means pace, life means dreams, life means to put our best efforts to achieve these, and otherwise life becomes meaningless.

Sometimes, we children are in such state of mind, when we reach a particular stage, we think that whatever we are doing is correct and parents don't understand anything. Isn't that the case? They don't understand anything.

First of all, I would like to advise students to listen carefully to their parents and not react to it. You are enjoying it; you are listening with lot of interest. Your parents should feel that you are paying attention. Sometimes while listening if you don't understand, do ask mother what she meant. Then you will not have to explain her anything, she will understand herself.

Thus, behavior also matters. When parents are in good mood, you can also tell your viewpoint to them- that I reflected on what you told me- I tried also but still fell short of it. Tell me, how to do it? This will complete your exam and start their exam. They will not be able to figure out how to respond. This does not mean I am teaching how to make your parents speechless but sometimes not listening can create friction. This will later result in friendly communication with your parents, they will become your helping hands. I also ask Guardian if you are forcing your childhood ambitions on children. You thought of becoming Doctor but you became a clerk so you are imposing your aspirations on your children. Those parents are unsuccessful who impose their unfulfilled dreams on children. They should not do so. They should make efforts to know and understand the potentials and capacities of their children. And Parents don't require training for this.

You must have observed at home how little child learns to walk. He takes few steps and falls again. How does mother respond to this? Mother responds by clapping, and the child feels it's not wrong to fall. Was any mother taught by a Prime Minister to clap when the child falls? Did she read it somewhere? But she is aware that she has to encourage her child. So, she will stand with some of her child's favorite items asking her child to walk towards her. Parents encourage their children. But there comes a stage in Life, when Parents believe, their child is ready and they need not pay attention to them. This is where the mistakes begin. Parents should continue taking care, comforting and motivating their children. Scolding a child will not result in any positive change.

As far as expectation are concerned, expectations are good. Expectations are essential. We also aspire to do more because of expectations. If there are no expectations, then tell me- if a patient has no will to live, does not want to get better, and is waiting for his death. Even if we arrange best doctor, best hospital, will that patient recover? Can a depressed person, family or society benefit anyone? And, therefore Hope and Expectations are mandatory for upward pace in life.

Since you aspire to become IAS, this was a natural question. It is very natural to have expectations in society; there should not be any despair.

People say Modi has awaken many aspirations. I desire that, 1.25 billion Indians should have 1.25 billion aspirations. Those aspirations should also be expressed. We should not burden ourselves with the expectations. We should enhance our capacities to meet those aspirations.

Presenter – Sir, Krishna Kumar Sharma from Jammu is now joining us. He wants to share his problem with us.

Question- Namaste Sir, My name is Krishna Kumar Sharma. I belong to Roopnagar, Jammu. Nowadays not only kids, but we parents are also under pressure, like whose kids get a better score? How to remove this tension?

Thank you Sir.

Presenter – Honorable Sir, Neela Kumari from Imphal, North East has asked a similar question.

Question: I am Neela Kumari from Imphal, Manipur. As a parent and a working woman, I would like to know how can I de-stress myself during my children's exam? Thank You Sir.

Presenter–Honorable Sir, Lavanya a student from Bangalore has a question.

Questioner- Good morning, I am Lavanya. I am studying in St. Mary's Public School, Queens Road, Bangaluru. My question is to Honorable Prime Minister. Good morning, Sir, today my question is how can we students overcome the fear created by our parents, teachers and all our loved ones?

Presenter–How should the students remove the fear of pressure put on them by their parents, their teachers and their loved ones? Sir, both Parents and Children are talking about stress. We are eager to know your response.

Modi Ji – I request the guardians that you must have dreams, you must have expectations but pressure worsens the situation. For instance, just consider your child is having a food cooked by you. As you have cooked it so well, you start pressuring the child to have that food and once you pressurise, instead of having food, your child will just go away. Isn't that the case? We should be careful that this should not happen.

Pressure leads to reaction. But, why do Parents

behave in such manner? There is a psychological reason behind this. When parents go for family function, social function they take the report card of their children as their own visiting cards. The root cause of the problem is that Parents keep boasting about their children's achievement in the society.

Parent believe that success and failure of their children will affect their social life. They always try to maintain a position in the society. Therefore, it becomes a habit to put pressure on children. This is not their intention but they should do it correctly.

Actually, in reality, after a certain age parents do not maintain a bond with their children. When the children are small, Parents openly describe and discuss their mistakes- for example- yesterday he did this- he dropped the milk bottle- he dropped hot tea, got burn etc. They also describe their errors because they take note of his activities. Parents keep a close watch at children only when they are young. And don't realise that they should also observe their children after they attain age of 7-8 years. What are the changes? What are his interest? What is he doing and how is he doing?

This relation of observing discontinues after they attain 7-8 years. Parents observe children only when they are 3 months, 6 months old. But, one must keep observing children until he gets busy. Observing does not mean shaping them in a definite way. Parents should observe them, find out their strength, and this will ensure pressure free environment.

Presenter – Honorable PM, amongst us is a mother, she belongs to Assam but resides in Delhi. She is little worried and I feel her problem is a common problem. MadhumitaSen Gupta wants to say something.

Questioner- Respected PM, Greetings. My name is MadhumitaSen Gupta. My son studies in class 9th. Sir,

earlier my son was good in studies. Teachers appreciated him but now from some days, he is distracted by online games. I have tried to explain him a lot but I am unable in doing so. Please, guide me how to handle this situation.

Thank you.

Modiji - Is it of PUBG? Or it may be of frontline. It's a problem as well as solution. If we want our children to stay away from technology, it will be like going back from one's whole life. So, in terms of technology, they should be encouraged. But the point is how this technology should be used. Whether this technology is making him a robot or a better human being? It would be nice if parents take little interest and discuss sometimes about technology while dining. They may ask what's new in the field of technology. What kind of new apps have come in the market? What are the main features of these apps? Thus, children will feel that their parents may support them in their endeavor whatever they are pursuing. So, the first step should be not to discourage them. I see here almost everyone is carrying mobile phone in his or her hand. There may be some people here in the Prime Minister's programme who might be trying to inform their friends that they are sitting here. What happens by this – gradually we tend to shrink ourselves and if it becomes narrower, perhaps it will be a bigger loss to us and our lives. Technology must be for our expanse, for our broadening and for boosting our capabilities. For this, teachers should also discuss these aspects repeatedly. Only then, this will be crystallized. Otherwise, it will be a same situation where there are no children in the playground. Sometimes parents believe that it's excellent to be at studies. But they get frightened once, just ahead of the examination, the child falls sick. It's good that the child pays attention

towards studies, but he has to spend some time in the playground as well. You all should think about this. When I was the chief minister, since then I regularly talk to children. Though the character and nature of that programme has changed now, but I still do it. I have seen it. Sometimes I used to ask how many children are here who have sweated four times while laboring hard in a day. You will be surprised to know that even children from rural areas used to reply that nothing like that happens to them. What sort of life is this? Laughing and playing in an open ground should be a part of our life and it is this which rejuvenates us. Therefore, it's imperative to think how technology should be used? I myself consider technology as a very powerful tool. I am an ardent supporter of technology. Today I remain in touch with so many countries and their people because of technology only. Everything has two aspects – one forces somebody to shrink and other makes the horizon broader for someone. Your concerns are genuine. But do sit with him. Sometimes assign him some work. The mother may say that I have heard that people from North-East cook rice in some different method, will you fetch that method for me with the help of technology son? He will feel that his mother wants to learn some new dishes of Nagal and with the help of technology. Thus, technology will become a source of bringing you together. You can make him understand that new things can be learnt with the help of technology, technology can make life easier. So she will feel, yes, mother wants to learn what is the methodology of Nagal and to cook rice herself with the help of technology, that technology can be a cause for connecting both of you and her new technology can be known from the mind. Can be learned, which can work in life, you can take it gradually on it. You can ever ask him that today we

have heard that this has happened in the space, or today we have heard that cyclone is coming, then you see how these cyclone reports are coming. So that child will work on that. You should gradually move it towards the correct use of technology and it should be assumed that the child is the direction of development, instead of going on the wrong path, instead of wasting time, instead of staying within a sports itself, I think just going from the play station to the play field. So we try all that direction in that direction. She will feel that my mother wants to learn the procedure of cooking rice of Nagaland. That technology can be a reason to join both of you. She too will try to know things regarding technology. Such things that can be helpful for her. Slowly and steadily she will learn many things. At times, you may ask her something about space or you can tell her that today I knew that a cyclone is to come. You must watch how these people give the news regarding the arrival of cyclone. The same child will work on that slowly you turned your child towards the better use of technology. The child will himself instead of wasting time or going in a wrong direction will use his time in a better way. He will leave his play station and go to the play field. We must try in this direction.

Presenter: Sir, Vansh Aggarwal is from Faridabad. He is present here. His question is different. Vansh!

Questioner- Good Morning sir, my name is Vansh Aggarwal and I am a student of class 10 MananvRachnaInternational School. Sir, my question is that how should we decide our aim ? Whether we should be conservative in our approach or should always fix big aims? What is your experience in this regard? Thanks!

Presenter: Honorable Sir. Please tell us something in this regard.

Modiji – Let me ask you a question, raise your hands. How many people think that the aim should be short enough? What is the number of such people? Only two or three. On the other hand, how many people are there who think that the aim should be big? So it is determined in the democratic way. We in Gujarat often hear a proverb – Missing an aim can be forgiven but striking below the aim cannot be forgiven. It means that if you miss an aim, it is pardonable but if you strike below the aim, you won't be forgiven. When you decide an aim, the aim must be within your reach but beyond your catch or hold. Assume, I have to touch here, I am trying but unable to touch it. Here, if I jumped a foot, I can touch it or can get hold of it. It generates the inspiration for a new aim. Such things should not be there that we do not do anything and always busy in making great aims. I have come across many children who say that I am doing CA. It is a matter of wonder for me that so many people are pursuing CA. I am talking all these things that happened some twenty years ago. Why they are doing all these things? I gathered information about their family members and other things I found that it is very difficult to reply that they do not do anything. Now the boys are in the age group of 20-22 years. If a marriage proposal comes it is very difficult for parents to say that their son does not do anything. They answer very easily that their son is pursuing that degree of CA. So, this is not an aim, this is only a trick to make yourself secure. We should first know ourselves thoroughly, in our own way, not in the eyes of someone else, not in the eyes of our parents or teachers, not in the context of prime minister's speech, but in our own eyes. What's the status of the dreams I have set for myself. You would then realize I can do this much, so you decide not to halt at this stage, move five steps further. Our target has to be in accordance

with our capabilities and it should lead us to our dreams. If our dreams are dead, our might will also gradually die out, and never should we have such a life, therefore in my opinion our objective has to be clear. There are two types of objectives- one is the final objective, and the other one is the small steps w

you must have seen when one wants to climb a big hill, he sets the target to reach at smaller hillocks and move further to the next peak after reaching there. We should also do the same, only then, in my opinion, we would be able to live our life along with the chosen destination and achieve our objective. And if we have not been able to achieve the target, we should introspect and find out in what all areas we were lacking. Whether we failed in making efforts, or we lacked in the planning, if we continue to verify these small steps, we would not meet with a mishap while achieving our desired objective. You would easily take corrective measures and sail through. So setting an objective is not just enough, but how much concentration you put in to achieve the objective, how much energy you use, how much time is required to be given for each work and in what manner, if you are aware on all these areas, I believe you would achieve the objective, the objective itself makes you more capable.

Presenter- Sir, One Student from Tamil Nadu, Narendran wishes to share his *man kibaat* with you.

Questioner- Namaskaar, Sir, I am Narendran from Tamil Nadu. What motivates you? Also how to manage time? Thank you, Sir.

Presenter- When we are not successful in exams or in sports or in any competition or face any problem, we are motivated by your efforts to lead the country to greater heights continuously. What is in you, which

motivates and lead to you to remain energetic and enthusiastic without any tiredness in throughout your 17hrs of daily tight schedule? How should we follow proper time management schedule to achieve our goal? Hon'ble Sir, please address.

Modiji- You might have noticed in your family; some time you might have felt tiredness, sometime you might have felt boredom, your mind might have been thinking to do something else, but have one ever thought our mother also possess a body, she might have also felt tiredness? She might have also fallen sick. Sometime, she would have wanted to go for bed, but despite her sickness, she always stood up at the door with smiling face to welcome her children returning from school. Has any child asked his mother where from she get so much energy that she does all the works simultaneously, like working 8 hrs. in kitchen out of total 24 hrs, attending telephone calls when it is ringing, opening doors when a bell rings, serving or offering a glass of water when a guest arrives in, make arrangement to call maid when she does not come, etc? Why? She feels it is her family, all are her part of her. She feels in her heart that if she does not do all these works, then who will do all that? When this kind of belong ingress originates from a heart, energy automatically gets out, and tiredness never sets in. I think over, every moment when I retire for night in the night, I ensure what to do next morning, forget what I did during the day at all. I go to the bed with a thought to see the dawn with a renewed vigor, and get energy and enthusiasm when I get up. As far as time management is concerned, we may note that if you solicit a time to meet somebody, and if he says he is very busy and has no time now a days, it means he is speaking clear lie. I mean that he does not know how to utilize the time. This situation can't be with you, if you

are aware of the time available with you and its proper utilization. There may be few of you, who may have factually analyzed 24hrs.of your daily life at least once in a week. You do one thing - write down memorizing what have you done right from the morning to evening during last one week; how have you utilized your time, you will not know why have you done this work; oh! I have lost the time for doing nothing, I was sitting idle here, I was thinking useless, I would see something - you will realize immediately, no, no, I should stop all these 6 steps, and I will get time out of them to utilize same for some constructive work. Time management is in our reach and in our hands. We can manage it very easily. There is no need to do any MBA, or to read any large Oxford book for this. You just observe your maid, who works in your house. Now-a- days, there are very few maids doing house work in families. They work for 10-12 houses every day, and they know exactly the timings of each house, say to reach which house at 7 O'clock to clean utensils, which house at 11 O' clock to wash clothes and which house at 12 O'clock to enter into the kitchen. You see they may be on bicycles, scooty; may be stranded in traffic jam, but their time management is perfect. For how much families they work till 3-4 O'clock, their time management is perfect. Isn't that. We have not followed or observed her. That means, she or he might not have attended school, classes, but she or he are also aware of how to allocate their time to a particular house. You may have noticed in a family, if any person is late for bathing and his/her clothes, after batch, are to be washed, the maid says, Ok, keep them stored as it is, I will wash them tomorrow, I cannot not wash them today, because her time is fixed. Isn't that? You have not noticed or observed her or him, which is why there is a problem before you. See successful people, who work with good humor, they never have a stress of

time. They never run to board a train, some time they leave behind their lunch box, spectacle, book at their house, but they never feel perturbed or stress of time; for them everything is very perfect, Why? because they have understood the value of their time. We have been coming across - Time is money, time is money, but it is our nature to kill that. We need to ensure - whatever is left, I will not let the time go waste. I have also same 24 hrs, as you. The God has provided social justice to all of us in this regard. God has given 24 hrs to everyone, whether he is a rich or a poor man, and therefore a habit can easily be formed for best time management.

Presenter- Sir, there is a student from Pathankot, Amit Chauhan.

Questioner -Namaskaar Sir, how to study with interest and fun?

Presenter - Please tell us so that we undertake study with fun and interest, not as a stress.

Hon'ble Sir, one question relating to exam stress is being asked by SurpreetDegole from Kathmandu. He is a student.

Questioner - Good morning Sir, I am SupreetDangole, a student from Kathmandu. Do you think exams groom our personality or stifle it? Thank You Sir.

Presenter - We start listening the term examination right from our primary classes. This becomes part of our personality. Hon'ble Sir, do you feel exam grooms our personality or this creates interruption in development of our overall personality? Hon'ble Sir, please address us on both these questions.

Modiji - You see, canon and exam cannot be attributed as bad. This depends upon us as to how we see or take it or deal with it. My philosophy is that

canon tests us. Canon is not to be cursed. People curse the canon. Let us take an example of a person dreaming to play in Olympics. How will he be successful, if he has not played at Tehsil, district, state, interstate, national levels? He has to go through cannons or acid-tests every time. Therefore, we should take exam, cannon as an opportunity. If we take it as an opportunity, you will feel good. To combat a challenge, the God has given an extraordinary power to every human being. Sometime, you speak in a normal voice, but when you have to call a person from a crowd, such amount of energy generates from your heart that you utter your words loudly, that even an Army officer's voice may fail do so. Although, it may originate from your heart even one time, but this is a fact that energy is inbuilt in you. When there is such opportunity, your energy comes out. You have to observe which of my abilities has come out. You might have seen and noticed such things in your heart or when you speak with your friends. This mean, that the God has provided enormous capabilities in you. However, you do not have a mechanism to judge that capability. Exam gives you an opportunity to judge your capability. Secondly, we should not consume our life for exams, we should enjoy it. When we live for ourselves and enjoy our life, then we feel to acquire knowledge, and when we start acquiring knowledge, then you see marks are bound to follow you, even at your doorstep. But, we do mistakes, we run after marks and in the process life goes in vain. Hence, we should first love our life; acquire sufficient knowledge and forget about marks. Not only they will run after you, but they will have a race among them to embrace you first. If you have a clear vision to judge an opportunity, I hope exam will never be a burden. One should take every exam as like a festival or rather an opportunity to

have a fight with it. This should be the general mood to be energetic.

Presenter: Honorable Prime Minister Narendra Modi Ji, Mohammed Salim is a student from Aligarh Muslim University and he would like to ask you a question.

Questioner Salim: Greetings, sir. My name is Mohammed Salim. I am a 1st year student of Aligarh Muslim University. I believe that the first question that arises in the minds of students after they clear the 12th standard is "How to choose a career?" Similarly, when a student passes the 10th standard, the first question that arises in his/her mind is "Which stream should I choose?" Parents, without understanding the interests of the child, force their children to opt for science. Kindly guide us through this issue. Thank you, sir.

Presenter: Sir, I am preparing for the entrance examination. It is a new phase in the lives of bachelor students. Please guide us for getting a better job and the challenges before a good course.

Questioner: Honourable Prime Minister, Some children have different aptitude. Some can write well, some can sing well, some other can dance but it is not quite necessary that they all are good at maths and science which is considered a very great thing in our country. How can we make our parents understand that if we can not do maths and science we can achieve a lot in other fields. It is not a great deal that we are not good at a particular subjects.

Questioner Shambhavi: Greetings, sir. My name is Shambhavi Shukla, a Bachelor of Arts (3rd year) student at Vasanta College, Rajghat, under the Banaras Hindu University. Sir, it is the time for me to prepare for my Master's examination. Sir, kindly guide me how to get a better job and choose further career opportunities. Thank you, sir.

Presenter: Honorable Prime Minister Sir, kindly guide us through these questions.

Honorable Prime Minister Narendra Modi Ji: Your worries are very fair and natural that students do not get proper guidance, it is important to get the correct guidance at this important juncture, which you do not get. People keep sharing their personal experiences all the time. When mother gives an advice, father gives some other advice, then your uncle will give some other advice, so much so that even your friends in your locality will give you their advice, and all these will definitely confuse you. One of the most significant reasons why we get confused like this is because we are not sure what we ourselves want to do. What is my passion? Where does my interest lie? Have I been able to do anything pertaining to my interests so far? 'What are my dreams' comes as a later question. First identify what your passion is.

Then, it will be easier for you to convince your parents for it. Look, you would have gone through this phase where you must have thought – 'I had done this when I was in the eighth standard', 'I had done this when I was in the ninth standard', 'My teachers have told me about this', 'Back then, where there was a particular competition in my tehsil, I had participated', 'I believe I am strong in this aspect'. Sometimes, we should approach the teacher we feel the most connected to and ask this question that, "Sir/Madam, you have been teaching me for close to four years now, you have been seeing how I have fared so far, what is your opinion about me, what do you think I should do?" It is not true that teachers do not have time for their students. If a student feels a strong connection with a teacher, then the teacher would also feel 'Yes, I should spend some time with this student and guide him/her'. Your confusion is not

because of the advices that different people give you or what your parents tell you. You are yourself confused and that is where the problem lies. There is confusion in your mind because you yourself are not sure what you want to do. I very well remember this instance when, several years ago, around 1977-1978-1979, I used to visit the hostels of Maharaja Sayaji Rao University in Baroda and interact with students there. I used to meet them, sit with them and ask them what their outlook was towards life, what their plans were. Most of them told me that becoming a graduate is all that they had planned so far. They did not know what they wanted to do after that.

During one such instance, when I asked the same question to students, one of them, who had come to study there from another state, said "I want to rule". I scolded him and asked him "Do you have plans to enter politics?". He replied by saying "No, I do not want to enter politics, but I want to become a government officer, a *babu*. Politicians will come and go but *babus* will continue to hold positions". I told you this story that dates over 40 years from now because that student had such a clarity at that stage itself what he wanted to do in life. Recently, when I enquired about him, I came to know from his friends that as per his plans, he did become a government officer and held a very high post in his job.

The reason why I am saying this is because it is important to have clarity in your mind. You need to have clarity in your thoughts and faith in your conviction. You should trust your instincts. Following this, if you have the courage to act on your dreams, and develop your will-power, mind, brain, body and time in that direction, then we are definitely on the right path. Science and mathematics definitely have their importance in life. But, this prevalent thought in

our Indian society that any other dream does not have an importance or credibility, is wrong. Even though we give so much importance to science and mathematics, the percentage of people who should excel in that direction do not end up that way. It is a matter of concern. The reason why that happens is those students do not get the right amount of motivation in the initial stages itself. I believe we lack in that aspect as a society. At the same time, when some teachers, schools and guardians take a special interest to develop these qualities, then such students go a long way in life. Some people have this mindset of entering the 'graduation' factory and leaving as graduates in hordes. This keeps going on. Which is why, this fear that you have, is very natural. I would advise you to not succumb to pressure. You work on your strengths and take help from someone who you think could help. I don't mean to say that your own judgements could be wrong, but if you talk to people around you and ask for guidance from them, I am sure you will head in the right direction.

Student Jenith - Good Morning Sir! My name is Jenith of Class 9th from KendriyaVidyalaya, Moscow. You gave many suggestions to our parents last year. This resulted in the change of attitude of my parents and now I interact with them about my examination tension, fear of failure etc. Their smile with a statement that you can do it, motivates me. I am really very thankful to you sir.

Modiji- You gave me the credit. In fact, the credit goes to your parents. They understood the right thing and after this, they left their old habit or ego and started to think in a new way. It is very clear that the positive attitude of parents becomes a great force in the lives of children. You have also watched some teachers. Some teachers are such that they like only

three or four children. They ask them questions; they interact with them. They like this. They feel that these children manage everything quickly. On account of such attitude other children of the class feel envious of these children. It makes a distance between children and the teacher. It shows the dearth of sense of equality. If parents go to their friends' house and come to know that the son/daughter of the host has achieved something, they instantly call their children and say harshly- listen what their son has achieved. In other words, in a gathering of more than 25 relatives, parents pursue their sibling to learn something from Mohan's son who has achieved a lot. Almost all people possess such sort of habits. When you are in home, you will be told that the son of maternal uncle has gone a long way while pursuing his career. The child becomes very sad. He has been discouraged. It bears a psychological effect on his mind about which he has not even imagined. Our duty is to encourage him. A child may be weak at studies, but why he is weak? Because you have compared him with a child who has secured 90% marks. That is why you feel bad at times. But you should tell him- "last time you got 55% marks and this time you secured 60%. What a great achievement! I am proud of you." The happiness to get 60% marks from 55% may lead him to get from 60-90%. If you repeatedly discourage a child for securing 60% marks, then he may go down from 60 to 40%. He will not go forward from 60 to 70%. So, such sort of environment is very necessary. If we begin to discourage our children, we won't ever be able to make him powerful.

I work in the Government. If I have to say a little thing to any official, and he meets me somewhere, then I ask him – "How this work will be done?" But when I meet him in gathering, I praise him a lot. That praise is

genuine. He has also worked very hard. It may be possible that he may have been a little bit behind the PM. But this does not mean that his labor has gone in vain. This quality is very essential for the team spirit. I also urge to you that you must compare yourself to your old records. You should compete with your old performance and break your own records. If you break your own record, you will not be saddened. Let us assume that you can work for three hours non-stop. If you can work for three hours, you can think of working for three and a half hours. The other boy can work for five hours. Now, if you think that I can't work for five hours, so it is better to leave even three and a half hours. This change is very necessary. If you do this in such a way, I think you will not have to go through any kind of tension.

Student Jaipreet Singh: Namaskar sir. My name is Jaypreet Singh Shahpuri. I study in Central School Tehran Embassy School. I'm speaking from Tehran (Iran). Sir, I have a question for you. When you learn if you get praise, you feel more interest to learn. So why do not our parents and teachers adopt all this? Except for two or three children in the class, others do not get praise even if they do good. So Sir, did you also have similar experience? Thanks.

Modiji: Firstly, why does such things come before us? Why does our attention go onto this? The reason for this is that we are over conscious and we are weak from within. Unless someone praises me and appreciates me, I do not get happiness from what I do. To those with self-confidence, it does not matter how much applause they get or do not get. They do not care for how much praise they get. He believes in it and I believe that first of all, you should believe in yourself whether anyone applauds/praises us or not. You should think that you will create such a condition

that sometime or the other, the teacher will have to notice you. Do not challenge them, keep in mind. You decide to win them. Once you decide to win, then you see, there is strength in the childhood, and will win the teacher in three months. Another topic came in the middle of a question, I got an idea in my mind, sometimes what happens, the teacher also believes or takes interest in the child, when the teacher feels that the child's family is interested in the child. There may be many parents not be knowing who the teacher is, while their child is studying between the classes 7th to 10th or the 12th. Did the parents ever call the teacher along with friends on the child's birthday? Did parents ever go to school to wish the teacher on their birthday when the child told them that it is their teacher's birthday? Did the parents ever went to school, congratulated child's teacher on their birthday, and said that the child spends just 3-4 hours at home but he is with you for 5-6 hours. Now that his life is in your hands, I have come to give you best wishes. Tell me what the teacher feels, tell me. He will feel that this child has been handed over to me. He is my responsibility now. But this role of the guardian is not just that. No one calls the teacher to their house; neither do the parents go to the teacher's house. The children just comes and tells that the teacher scolded me, parents, without going into the truth, without ascertaining whether he is telling truth or not, or crying for any trouble, they just say that they will file RTI, FIR etc. There are many parents who never find any fault in their child. And because of that, perhaps they feel better, but problems arise for the child's life.

It is good if teacher, management, students and parents should have a feel of unity, should be interconnected. It won't be good if they do different things in their own way. This arrangement can be

developed in a natural way which will also yield good results. I believe that the whole family should have a respectful attitude towards those teachers who teach us. Then whatever the knowledge the teacher possesses, he will transfer it to you. You will see that the teacher would pay special attention.

Student Sarah: I am student in class XII. I am observing that there are no synergies between the questions asked in the exams and the purpose for which we are studying. Our teachers often say that we should be a good person, but questions in question papers do not reflect such concern. There is a suggestion to our education system that our exam should be linked to the extensive goal of education, and that teachers, Students, parents, and board examiners should be aware of this. Honorable Sir, we all would like to know your thoughts about this.

Modi ji — See, teaching has all these things and this teaching has not come into being overnight. Over thousands of years, new things keep getting attached with journey of mankind. New and newer techniques become vogue. But the difficulty started when we remove education from our lives and started linking it with exams. As a result of that, it seems that what is taught to us in school, for instance in school you must have seen that if you go to a tourist place, the children of class fifth, sixth and seventh go as tourists in school bus, all children will walk just exactly how teacher has told them to. Isn't it? With your hands on your back, will tour like this entirely, isn't it? Now, that is not the case in teaching. But that what is taught, is it not the subject connected to the life? Discipline, I mean I am not saying that you don't keep your hands and feet like this at all. There are all kind of things that we are not conscious of those, what teacher tells us, he enlightens us what is there in the syllabus, but how that

things is applied in our lives, that he does not tell us. The reality is it should be hobby of teachers to bring out the relevance of every aspect of education. I will tell you a small thing. When I was small, I had a teacher, I studied in primary government school. In government primary school, And my village was in Gaikwad state. Gaikwad king had one quality that wherever was his state, there used to be a primary school, girl child education was compulsory, there used to be post office, a pong and a library. Such were his specialties. Where all he ruled, as many facilities were available. In my village there was his school, a government school, I used to study there. Our teacher had one specialty. What he would tell us, he would tell all students, okay, you five get up. You will bring five grains of Moong Dal from home, and you will bring seven grains of Moong, and you will get nine grains of Moong. To others he will say, you will bring three grains of Chana, five grains of rice. Will take along such food grains, not too many just a few of these. So what does child do, he will remember that he has to get five grains of Moong, and learns what is known as Moong at home; gets it along, with care, and did not have to taught what is Moong. I will tell something of very early days. One teacher, what he used to do, he will mix them all, then ask children, okay kids, come on five of you. Will ask one of them, okay now find five Chana grains from this, and show. So he picks up Arithmetic, get know what Chana is. To other, he will tell, okay [pick up five rice grains and show. That is, their way of teaching was unique. Nor it look small thing, but they were able to relate to the life. That there is only specific way in teaching, is not the case. Everything matters, there can be a song, music, feelings, dreams, and everything is there. But out family, teachers all harp – ranking, ranking, and ranking. Trouble starts right there. Let the life be laid open, let the life be spread

out. Look for self in everything, you will see your own life will change, and also of the people surrounding you.

Student — Molly Singh, Namaskar, Respectable Prime Minister Sir, I am Molly Singh, Thakur Tej Singh, from Agra. My Question to you is so many students stay away from home and study. They are not able to adapt and adjust at the new place quickly. My students face home- sickness and depression. How they should handle this situation and how parents and teacher can help them? Thank you.

Modi ji — In country like India, this issue of depression is a matter of concern. The basic social structure of India is such that there are ways to release this pressure, simple ways. But unfortunately the changes that have taken place in society, changes do happen, they are not bad as such. But some things have happened that has created this situation. Earlier we used to have a joint family. What a child could not tell his father, used to tell his mother. Heartfelt lighter. Couple of things he will tell to his grandmother, then would think I would go and ask my mother also. This way he would get an opportunity to express himself. Today the situation is we are moving less towards the expression and more towards the suppression. And this cooker bursts. Its main reason is only that the steam build up, and it needs a way to get out. It needs to get out. The parents should talk openly with their children according to their interests. Even if he has gone to the hostel, there is assurance that he will tell all to his parents and they will understand who went with you, who was on phone? If this goes on then this cut off stage can create a big problem. Secondly, it remains responsibility of parents that depression does not set in suddenly. This is a long drawn process. Sometime, in excitement may achieve something, that is a different matter, but mostly it starts wearing down slowly.

Watchful parents wonder what is happening. Early they insisted but did not eat well, not when he sits down, he eats too much. He has put on weight suddenly, what happened psychologically? Parents wonder something must be there that is why he is stress, he is eating somewhat more. He never slept during the day, today he came home from office in afternoon and fell asleep. Went to his room, sat down and covered his face. What is happening? If parents handle this consciously, they must see that can they integrate him back to the family? For children. The local acquaintances [guardian], if they can spend a little they must, they should call the child once to their home. If it suits the child, he get a new family.

Secondly, we should shy away from counselling. Sometime parents fret against leakage of information that their son is undergoing counselling. We feel we lose prestige as well the child. We should not hesitate. Even on small symptoms we should take counselling. People who work with children are experts who can slowly remove all the ailments hidden inside. To those who stay in hostel, I can share my small experience and solution. Quite possibly some incident is troubling your mind. Or you heard something, you are anxious, anguished, but hesitant in expressing your pain. Do nothing, just get out of hostel, take a note book and write down everything. Keep on writing. What happened, how it happened, who did it, how did you feel, just as movie goes on, go on writing. Then don't read it. Then tear it all, put the pieces inside your pocket — this is Swatch Bharat — don't put it elsewhere! You aren't feeling light still? Write again. What you wrote in eight pages before now will come down to three - four pages. Again tear it. Put pieces in your pocket. Write for third time. You will see it is now only a page and a half. What is there inside will pour on

the paper, and it weighs less and lesser inside. You will feel absolutely relaxed. You will also not fear that someone will read it. If I tell someone, why we do not tell anyone, because we fear if I tell this, I will be humiliated. There is a place inside us, write yourself, and tear it off, you will see for yourself, even if things have gone awry at home, mother is angry, etc. And suppose you write that out, write in privacy, all the conclusions of mind and heart will pour out on paper. This is not the ultimate remedy. But a small solution. This small solution, too, can give a much needed support for the moment. Can support you for some days. Can help you stand up once again. Secondly, if we live in hostel, we must find some teacher or senior student on whom we can rely.

Tell them your thoughts. Tell them, I did not receive mother's call. It's not a big thing. Tell them, he will say. If he is younger to you, he will say don't worry, mother must be busy in some work. We will feel, we got cured. We got our treatment right? If somebody says mother must be busy in work, today is my Birthday but I did not get any call today. It is possible that there is internet connectivity problem. And we are venting our anger on Mother. It can be technology failure. It can be a small problem. Let's not worry, and have some food. Let's move to hostel and have food.

It's your birthday today, even if you did not receive your mother call, nothing to worry, I have money, let's have a chocolate. Few friends comfort your stressful life also.

I believe, there should be some openness in life. As I have stayed outside from a very young age, so I have witnessed life from a very different angle. My life has gone through different ups and downs. It has only taught me to live. And I thought my life was different so

it may not be of use to anyone.

But this is a small effort, Children, Guardian and Teachers should not take depression lightly. This should be utmost priority. If you properly communicate converse, spend time with them, it can be easily resolved. And our Indian Society is such that, we can easily bear these things. We can fight with these, and it can open ways of our lives.

I have faith that you all will also proceed in this direction. I understand that this was last question. I felt good conversing with you all. You all asked good questions. I also got an opportunity to have a conversation with you but I have a request to guardian that do reflect on what happened when you were 14 years old, what were the thoughts in your mind? How you felt by your parent's behavior? If you recall it once, then there will be no stress between you and your children. Your experience will only teach you how to behave with your children. All that you learnt from your parents, will teach you. But there are many parents, who are 50 years old, so they want their children also to behave with them as 50 years old. Father should place themselves as 14 year old and understand their children. This will solve many problems of the family.

I once again, wish you the very best. Let this exam be a festival, may you achieve success. Numbers written on paper are not ultimate in life. We should educate and train ourselves. As important is education in life, training is also important. Maintain this balance in life.

My best wishes to you. Thank you very much.

Be confident about your preparation: PM Modi to students appearing for exams

20 JAN 2020

Namaste, your friend is once again amongst you. First of all, I extend my best wishes to you for 2020, the new year. This is not just a new year of 2020, it's a new decade. This decade is as important to India as it is to you. It means the students of Class 10 and 12 will contribute majorly to what the country does in this decade. A lot depends on this generation for making this decade important and reaching new heights with new dreams, new promises, new aspirations and new principles. And therefore, I convey my best wishes to you for this decade.

I am associated with the government for a long time. I was chief minister for a long time, and now



again you have entrusted me with this responsibility. Therefore, I have to go to several programmes. I get an opportunity to meet various kinds of people. And every time, it is a new experience. I get to know and learn. Every programme has its own importance. But if somebody asks me to choose the most cherishing programme and one that is very close to my heart, then I will say it is "Pariksha Par Charcha" (Discussion on Exam). I really like when you send me something in writing while preparing for it. There are thousands of schools and hardly any tehsil of the country which does not partake in programme. I can feel what the young minds across different parts of the country think, want and what they can do. I enjoy the most when children tell me things so well.

Similarly, when I go to a hackathon meet with the young, I can feel that India has a bright future and can move ahead with a new imagination. There is also an opportunity for me to learn whenever I get to meet the youth and the young generations at such programmes. Had I not done the "Pariksha Par Charcha", there was no danger to the Prime Minister's Chair and no editorial in any newspaper would have commented on what the Prime Minister does? This I have decided on my own. When you are about to qualify your ninth class, your parents tend to worry about Class 10th, 11th and 12th. Don't they tell you, you are a grown-up....you are in 12th class. You must be hearing this dialogue 100 times in a day. Isn't it? Therefore, I decided that I should lessen the burden of your parents. Since I am part of your family, I thought why don't I do the same in a collective way what they do otherwise. There is a saying in Gujarati -- "કાંકણકાંકણકાંકણકાંકણ" -- which means when our ears are pierced. I also used to wear it. Mother used to put a small twig of neem. Students often complain that

their parents repeat the same thing every day. But if somebody from outside the family says, it gets registered properly. May be, I also do the same what your parents, guardians and teachers do. But I do it differently with a sense of belongingness – by becoming your friend, partner and your colleague. Therefore, I also find satisfaction that I am no burden to you.

I hope you are not thinking what the Prime Minister will say, will we have to do the same after reaching homes. So, today we start the discussion without any filter. We will talk in the same way as you do amongst your friends. There would be no pressure, only light-hearted discussion. There may be mistakes. I can also commit. And if I do, then TV journalists will have a field day. I can't please them very much, but if they find some pleasure out of it, I also enjoy. Ok friends, let's begin. Who is asking the first question?

Presenter: There is an air of festivity in this assembly hall after your enthusiastic and motivational address. More than 30 crore students, teachers and parents from 25 countries along with thousands of students in this assembly hall are going to benefit from it. Sir, with your blessings and permission, we would like to begin a series of questions beneficial to all the students, teachers and parents.

So, we now move to the special episode of "Pariksha Par Charcha" 2020 with the permission of the Prime Minister.

Sir, Yashri, a 10th class student from the land of dignity and glory, Rajasthan, is present here and she wants your guidance. Ask your question Yashri.

Questioner – Good Morning Sir, I am Yashri from Swami Vivekanand Government Model School, Rajasthan. My classmates and I are appearing for board exam

this year. Many a time, our mood gets turned off. So Sir, please motivate us and give some suggestions to face the exams without any stress and nervousness. Thank You.

Presenter – Thank you Yashri. Respected Prime Minister, Yashri wants to know that the thought of Board examination turns her mood off. How should she motivate herself to work hard?

PM – I was thinking that youngsters should not have their mood off. But have we ever thought why there are mood swings? Is the reason due to oneself or due to some external factor? Many a time, you must have noticed that sometimes the mood becomes off, one does not feel like doing anything. In most of the cases, it is due to external factors. For example, if you tell your mother to prepare tea at 6 o'clock as you are studying. But did you notice that you might be studying but your eyes are watching the clock in between to check the time. The problem starts from there. And if the mother gets late, a storm builds up inside you. What does the mother think; she just does not understand that I am preparing for Class 10th exam. I had asked for tea at 6 o'clock – and then your mood gets spoiled. Now think it differently. All these things happened, but you thought – Oh! Mother works so hard, she is always concerned about me; something must have happened that's why Mother could not bring tea at 6 o'clock. Let me check the mother whether she is alright. Now tell me, your mood will become spoiled or charged up. It is because you have not tied your desire so much so that even if it does not get fulfilled, your mood would not get spoiled.

If we make it a habit ... You must have seen if five-six friends have planned some game and are going to

play it and if one of them does not come by then. You must have noticed that of the five who have reached there, there must be two others who would throw tantrums that he has not come, he is late and we also have to return early. There would be three others who would say don't be upset, he will come. How do we manage our mind? Every person in his life has to go through mood swings as far as motivation and de-motivation is concerned. One has to go through this several times. Sometimes, we are very motivated to do something, but get de-motivated in case of failure.

See, all of you were awake in the night during the Chandrayaan mission. Was there any contribution from you to send Chandrayaan? No. But all of you were glued before TV sets as if it was your accomplishment. Was it not this feeling? And when the mission did not succeed, then all of you, the scientists and the entire India became de-motivated. Sometimes failure leads us to this feeling. I was also present there that day. Today, I will share one secret with you. Some people advised me not to go there as there was no guarantee of the success of the programme. What will you do if you go there and the mission fails? I told them this is precisely why I should go there. In the last few minutes, I saw changes on scientists' faces; I could sense tension as they were looking at each other. I could make out that there was some mishap. I am not a scientist, but I could make out something untoward was happening by looking at their faces. Then they came to me and told me about it. I told them you are trying. It's fine. I am sitting here. Then after ten minutes, they told me that their efforts did not yield results. Then I sat together with the scientists, made a round inside and told them not to worry. By the time I reached hotel, it was 3 a.m. But I was not at peace with myself, did not feel like

sleeping. Our PMO staff had retired to their rooms. I spent about 30-45 minutes strolling. Then I told them to call everybody. I called them who had already slept off. I told them we will change our departure programme early morning. We will not leave early morning, but will leave after some time. I asked them whether I could meet these scientists at around 7.30-8 a.m. I could have got up in the morning and left. Nobody would have taken note of it. There was no such requirement. But I could not explain myself. Therefore, I met those scientists in the morning, expressed my feelings and encouraged them for their hard work. I talked with them about the dreams of the country. The whole atmosphere changed. It was not there alone, the mood changed all over India. I don't want to say further, but you must have watched it on your TV. What I want to say is that we can learn lessons of success from failures too. We can work with enthusiasm in every effort. If you don't succeed in something, it means you are on way to success. If you get stuck there, no amount of tractors can pull you out. If you decide yourself, you can come out of that situation. So, this is all about motivation and demotivation. You must be aware of a 2001 cricket match in Kolkata between India and Australia. Many of you were not born then. India was in a pathetic situation and it was made to follow-on. When India came out to bat again, wickets started tumbling. The atmosphere was full of demotivation. The audience also keeps on expressing its resentment. It forgets that these are their own people who are playing and should be encouraged. Then Rahul Dravid and V.V.S. Laxman played a wonderful innings and continued playing till the evening and changed the situation. Not only this, India went on to win the match. Though the atmosphere was depressing, but one resolution – how could we lose, we will fight together and show our

prowess to each and every ball. And the result was victory. In 2002 also, India's very good bowler Anil Kumble's jaw was hit due to a bouncer when India had gone to West Indies. You can understand the pain. Everybody was worried whether Anil would be able to bowl or not. He did not care for the pain. Had he simply sat crying and not played, nobody would have blamed him. But he decided to play no matter how much pain he was enduring. With bandage all over his face, he took to the field again. You know it would have been a very big achievement then to scalp the wicket of Brian Lara. And he changed the complexion of the game by taking Lara's wicket. One person's resolution can become a big reason of motivation for others. You must have faced several such incidents in your life. It depends how you manage your emotions, how you look at it? If we can control it, there will be mood swing, but in the next few moments you will be able to manage it. Then you will be able to continue with a fresh mind. Thank you.

Presenter—Sir, you have cleared all the hurdles which come while chasing goals. Now the mood has been refreshed, Sir. Thank you. Sir, Mayank Negi, the 10th class student of Blooming Vale Public School from Honorable Prime Minister's spiritual place Kedarnath in Uttarakhand state, wants your guidance. May we have the question, please?

Questioner – Good morning, Honorable Prime Minister. I am a Class 10 student of Blooming Vale Public School, Kotdwar, Uttarakhand. Successful people like Bill Gates, Thomas Edison and Mark Zuckerberg were not successful in their early life. One cannot judge somebody on the basis of marks scored in examination. Honorable Sir, my question is how much should we concentrate so as to secure good marks in examination? Thank you.

Presenter – Thank you, Mayank. Respected Prime Minister, Mayank wants to know whether marks secured in exams are the only criteria for success.

PM – Your concern is valid and perhaps every student has to face this whether at home or in school. As far as education is concerned, we are knowingly or unknowingly moving towards a direction where marks have become turning point as far as success or failure is concerned. Therefore, it is in the back of mind that getting marks is more important. Parents also create this atmosphere that once you score good marks in Class 10, there will be no problem and your path will become clear. And when a student is in Class 11, they will say Class 12 is very important and put your maximum efforts. The same thing happens when one prepares for entrance exams. Actually, their aim is to motivate and encourage their children. It could have been a correct approach at one time. But today, the world has changed and there are huge possibilities. Life is not about marks in exams. Similarly, any examination is not life, it is just a halt. This should be considered as an important point, but one should never think that this is everything in life. I request parents please don't do it. This has been done, fine, but could have been better. But to think that your world is lost because it did not happen accordingly is not appropriate in today's time. There are so many scopes. You can choose any of them in your life.

You must have noticed. A farmer, who may not have adequate school education, but he learns, experiences, adopts technology, changes the patterns of farming, modernizes and makes life so valuable. Therefore, I would like to make it clear that exams are very important, but life is not about examination only. We should come out of this thinking. There are several things in our life. We can move

ahead with those.

Presenter – Thank you, honorable Prime Minister. Your words are source of inspiration for all of us. The next question comes from the heart of India, the State of Madhya Pradesh. Prajakta Atankar, a student of class IXth of Kendriya Vidyalaya, Jabalpur, joins us to ask her question. Could we have the question please?

Questioner -- My name is Prajakta Atankar and I am from Kendriya Vidyalaya, Jabalpur MP. My question to honorable Prime Minister is that the balance between co-curricular activities and studies is very important. But these activities distract the children. Is it so?

Presenter – There is somewhat similar question. Riya Negi, the ninth standard student of Government Girls Senior Secondary School No. 2, Delhi, wants answer to her question. Riya is in the auditorium. Riya, please ask your question.

Questioner – Honorable Prime Minister, I, Riya Negi, am student of Class nine. I study in Government Girls Senior Secondary School No. 2. I am from Delhi and my question to you is what will be the future of those students who are not very good in studies, but are brilliant in other fields like sports, or music? Please give your opinion.

Presenter – Thank you Riya. Sir, there is another question which is very much similar to it. A resident of Hugli, Kolkata, the land of Great Saint Vivekanand and Noble Laureate Guru Dev Rabindranath Tagore, Anamika Bhunia of Jawahar Navodaya Vidyalaya is here with us in the audience to ask her question. Anamika, please ask your question.

Questioner -- Honorable, Prime Minister Sir, I am Anamika Bhunia, studying in class XIth Science. I am from Jawahar Navodaya Vidyalaya, Hugli, West

Bengal. My question is, how can we make a balance between our extra-curricular activities and academic activities? Sir, please give us some suggestions. Thank You.

Presenter – Thank you, Anamika. Sir, Prajakta, Riya and Anamika are anxious to know how to make a balance between extra-curricular activities and academic activities?

PM – Okay, I want to ask you a question. Will you answer? How many amongst you believe that if I do extra-curricular activity, then it affects my studies. How many are there who believe in it? Nobody! Okay, how many are those who believe that studies are important, but other activities are equally important in life? Okay, there is less enthusiasm. Okay, third question – How many are those who believe that there should be extra-curricular activity and who do it regularly? We have to change this situation. See, the education that we get opens doors to a huge world. We enter the world though that only. When a child learns alphabets, A or B, it means he is entering into a new world. He will learn alphabet first, after that he will learn two letter words, then three letter words; after that he will learn two-two words. He started with B, but where did he reach? For, that was an entrance point. Our complete education gives us the opportunity to do and learn something. We have to move forward on the basis of it. If somebody perfects 'Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa' and India's top-most people from the world of music appreciate him... 'Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa' is an entrance point to the world of music. Once he masters it, he gets an opportunity to experience all the disciplines of music. But if he says that I have learnt music, know 'Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa', now I will not have to do anything. What will happen? Whatever we learn should be tested

daily. One should not only get tested in question-answers of the teacher, but should be tested on the yardsticks of life. If it has been taught in class to speak less as it is beneficial then one should give it a try. If you commit a mistake and your parents are rebuking you, then you should try whether it will be of any use here to speak less as told to you in your class. If you don't do any extra-curricular activity, you will become a robot and will do the same work from morning to evening as the robot does according to the software which has been installed in it. Do we want that our country's youths become robots? No. Our youths should be full of energy, should have dreams, and should display courage and ability. If he does not possess these qualities, nothing will happen. Therefore, we should not be indifferent towards other activities. This is true that there should proper management of time, there should be balance. But never trash other activities. There was a time when there were not many opportunities. People then believed that books will open doors. Today, it is not like this. Today, there are so many opportunities. We can surely get the results if we make genuine efforts. Therefore, I would like that extra-curricular activities should be promoted. But there is an enormity these days and which is very serious. Extra-curricular activity has become a fashion statement for parents. When parents sit amongst their friends, they enjoy while talking about their son who goes for cricket coaching in the morning, plays tennis at 10 a.m., then he goes for swimming at 11 a.m., and then he learns Manipuri dance at 5 p.m. Sometimes, parents think that extra-curricular activity is glamour driven and looks nice in the form of a celebrity. They think that they will also ask their children to do such activity. What happens then? As the parents pressurize their children regarding studies, they are now putting pressure on extra- curricular activity.

Some of you must be going through it? Okay, you won't tell me.

I know your predicament. You must be thinking what if our parents saw it on TV if we said something. Parents also have a duty to find out interests in their children and should try to guide them to such activities. But getting hitched to extra-curricular activity should be done in a well structured way. Only then you can evaluate yourself and find satisfaction in life. You may have seen many people in the age group of 35-40 saying it has become difficult to pursue something now. They regret that we did not do this or that during our school days. We don't know anything. Then life becomes a burden.

If you make a habit of living a life with diversities during your school days, then it becomes very useful in the later part of your life. As the classroom education becomes important, so do these activities after the age of 35-40. Therefore, one should not consider either of the two as each other's enemy. First, one should not consider that it is doing any damage. We should do some extra-curricular activity. Secondly, I will tell the students of Class 10 and 12 to do something extra. Even if you do it for 5, 10 or 15 minutes, your mind will be refreshed. If you get immersed in books, and repeat the same thing 10-20 times, you will be tied down. So, please don't let this happen.

Presenter – Thank you Prime Minister for your guidance. K.Divya is a class 10th student of Government Model Senior Secondary School, Andaman. She seeks respected Prime Minister's view points on certain issues. Could we have the question please?

Questioner -- Honorable, Prime Minister Sir, Namaskar. I am K. Divya of Class 10 from Government Model

Secondary School, Andaman and Nicobar Island. My question to you is what should be the role of modern technology in a student's life?

Presenter -- Question comes from Deepesh Rai, a student of class XIIth of Namchi Secondary School, South Sikkim, and who has travelled all the way from Sikkim to be here with us in the audience. Deepesh, please ask your question.

Questioner -- Good Morning every one. Honorable, Prime Minister. My name is Deepesh Rai, studying in class XII from Namchi Secondary School, Sikkim. Sir, my question is that many children in the world are using educational technology to learn better. So, how can we have it?

Presenter – Thank you, Deepesh. Sir, Divya and Deepesh want to know how science and technology can be helpful to the students. Please guide us.

PM – Perhaps, since the last period of the last century and the beginning of this century, science and technology have completely transformed life. In a way, life has also become technology-driven. Therefore, now, one should not have any fear regarding technology. What will I do, if the new technology comes? It should not be allowed. And secondly, if the technology came then my entire life will be ruined. Earlier, I used to think like that and would do accordingly. How will I cope if a new thing comes up?

No. Consider technology as your friend. We should try to understand the changes in technology, we should be proactive. Thirdly, will the knowledge of technology be used just only as a show-off amongst friends? Because, I know what is happening in the world, a new camera has come, or a new mobile phone has been launched. No. Effort should be made

to make the best use of technology in the work. Will technology consume my time? Many are sharing their experiences that technology kills their time.

How many of you use smart phones? Tell me, don't hesitate, your teachers are not watching. Now, you tell me how much of your time is consumed by this smart phone? And if you just reduce the time on it by 10 percent, and spend that time with your mother and grandparents. I am just asking for 10 minutes, not more than this. If you take just 10 minutes out of your smart phone and spend that time with your mother and grandparents, then what will be useful – Technology or the time spent with your grandparents? What will happen? We should see to it that our time is not eaten up by technology. We should have the will power to keep technology in our command.

I will use technology as and when I wish. You go to a railway station and there is an information counter at the railway station. There are many officials sitting there to answer queries regarding the timings of train, registration, etc. Above that there is a huge electronic billboard. It has all the information regarding train's name, its destination, the platform where it will come, whether it is late or on time. But we who belong to the older generation, what do we do. We will stand in a queue outside the window. We will look upon the billboard but won't read the message. The response to my query is there, it is displaying all the information on Delhi Express, Jammu-Tawi Express, like when it will depart, when it will arrive on which platform, or is late by 5-7 minutes.

You must also have seen many people who after messaging will call the person to check whether he has received the message? What does the new generation do? It uses technology. It already checks

on mobile phone and finds out all the relevant information about time and decides when to leave from house. Do they do it or not? What I want to say is he has made the right use of the technology. See the difference. There is one generation which does not want to see what is there right in front of it, and then there is the new generation which is not ready to ask as it believes in technology. It means they know the usefulness of the technology.

One should have very good vocabulary. I will request you to choose either your mother language or any language which you like – be it English or Hindi – and use the dictionary in your mobile phone to learn the spelling and meaning of at least 10 new words. Now tell me, technology is useful or not. But you must also try to avoid such a situation when your parents fight with you over time being spent with your friends or on phone.

There was a time when social networking was considered to be very essential. People used to leave their homes for at least 1-2 hours in the evening to go to a function or meet friends. They used to meet people so as to remain connected with the society, which benefits both sides. This is a normal order. But slowly and slowly, social networking has been distorted. Now WhatsApp is doing our social networking. The present social networking is the distorted version of the original. Earlier, we would go to our friend's place early morning to surprise him on his birthday. Now at 12 in the night, we use technology to send the message and go off to sleep. If technology takes over our life, then our life will become very idle. Therefore, while there should be maximum use of technology, we should not become its slave either. But technology is changing every moment. If you have to take your life forward, you should have

interest and knowledge towards new technology. You should also ask others about the new technology. This interest should be developed from the days of student life. You will benefit a lot. As far as I am concerned, I have deep interest and curiosity in technology even though I don't know much about it. I listen to people and ask them. Now-a-days, I don't get that opportunity as I am tied down in governance. But earlier, when I used to travel in a plane, I would ask the person sitting next to me about anything which would be with him. What is its usefulness, how it is used? I always had the curiosity and I have benefited a lot due to that. I would like you to make technology as your life's friend. But don't allow the technology to become part of your life. You must have seen there is a family of three people and all the three are sitting in three different corners and everybody is busy on mobile.

Can you do two things? Will you do? What will you do because I have not told you about the work? First, you will decide to keep technology away from you for one-two hours when you are free. Every day, one or two technology-free hours... Can you do it? No gadget, nothing. Whatever hour you choose, you will spend that with your family, friend, in garden, and with a pet like dog or a cat if you have one. There are some very poor families who have two-three rooms and they have no problem with technology. Once you go home today after this function, you will sit with your parents and decide upon a room where there should be no entry for technology. Can you do this? Whosoever goes to that room will sit there without any gadget. You do this and your life will be full of experiences. While I emphasize on the importance of technology, at the same time, I am also concerned that the person inside me does not become a robot.

Therefore, there are ways to make a balance between the two, which I have shared with you.

Presenter – Thank you sir. We will find success in our life with your cooperation. From the land of Rising Sun, Arunachal Pradesh, Tapi Aku from JNV Papumpare is present here. She wants to ask you a question, honorable Prime Minister, Aku, please ask your question.

Questioner -- Honorable Prime Minister, very warm greetings from the land of Rising Sun, Arunachal Pradesh. I am Tapi Aku studying in standard 12th from JNV Papumpare Arunachal Pradesh. Mr. Prime Minister, I very much liked your speech in parliament on rights and duties. How can we create awareness among the countrymen regarding duties? Thank you.

Presenter – Thank you Aku. There is another question similar to this one. We have with us Shailash Kumar from KV Chennai. He is a class XIth student from Tamil Nadu, a state famed for its heritage temples. The next question is from him. Could we have the question please?

Questioner -- Namskar Sir. My name is P Shailash Kumar. I am a student of class XIth in Kendriya Vidyalaya, Chennai. Sir, being a student, what are my rights and what duties I need to perform?

Presenter – Thank you Shailash. There is one more question similar to this one. Sir, from the esteemed Gujarat which boasts of personalities like the Father of the Nation Mahatma Gandhi, Dayanand Saraswati and Sardar Vallabhbhai Patel, Gunakshi Sharma from Maharaja Agrasen School wants to ask you a question. Gunakshi, please ask your question.

Questioner – Good morning. My name is Gunakshi Sharma. I am a student of Class 10. I study in Maharaja

Agrasen School, Ahmedabad, Gujarat. Sir, I want to ask you a question that I have studied about the citizen's rights and duties in civics. Please tell, what is more important between the two? Thanks.

Presenter – Thanks Gunakshi. Respected Prime Minister, request you to solve the curiosity of Shailash, Gunakshi and Aku regarding citizen's duties.

PM – This question has been asked by the daughter of Arunachal Pradesh, so it is natural for the daughter of Arunachal Pradesh to ask this question. I don't know whether anybody from you have visited Arunachal Pradesh. Arunachal Pradesh is the only state in the country where people greet each other with Jai Hind. This is very rare in India. This change happened after the 1962 war. Similarly, besides their own language, people there have mastered English and Hindi languages. I request you to visit North-East once during vacation. I know, first you will go to Singapore, then Dubai. Yes, after that you will go there, if an opportunity came. You will do like this, no? Our country is very amazing and you should experience it.

When I came here, children were telling me about different paintings which they have drawn. And the pleasant experience was that the children were introducing themselves in another language besides their own mother tongue. A girl from Maharashtra was introducing herself in Oriya, whereas another girl from Dehradun was introducing herself in Malayalam language. While we are emphasizing on "Ek Bharat, Shreshtha Bharat" (One India, Best India), these children have made good attempts. I will request you all that you should know your mother tongue, English, Hindi and at least one more language. Our country is full of resources. Now the topic is duty. Problem arises when we speak the words Rights and Duties

simultaneously. It appears as if both rights and duties are two different expressions. It's not like that. All our rights are subsumed in our duties. If I do duty as a teacher, then the rights of students are protected or not. So, there is no argument between rights and duties.

Mahatma Gandhi would very respectfully say that there are no fundamental rights, but there are fundamental duties. If we carry out our duties honestly then we will not have to beg for our rights, because our rights will be protected. Secondly, sometimes, we have some obligations. Like in a family, parents have their own obligations, child has his own. Our neighbours also fulfill their obligations, but the discussion is not limited here. We have some duties towards such a big nation which we should be obliged to offer. Shouldn't we do something to take our country forward? In 2022, our independence is completing 75 years and 100 years in 2047. Have you ever thought where you will be in 2047 when the country will be celebrating the 100th year of its Independence Day? You will be playing some role in your capacity. Leadership does not mean to work like a frog. There is leadership in every sphere of the life. A cricket captain also offers leadership. A kabaddi captain also provides leadership. The person who works with 200 workers in a factory also offers leadership. The students who are in Class 10 and 12 will be holding the position of leadership when the country will celebrate the centenary of independence. Now think, when the country will celebrate 100 years of independence, you will be leader. And will it be good if you inherit a dilapidated system and you are told to lead? Should not we have a strong set-up? Who will benefit if the country becomes strong? Will it benefit a person who is of 80-

90 years old now? Who will benefit if the country's environment is protected? The country will benefit if its resources are properly utilized. Who will benefit if the country's economy grows?

In 2022, the country will complete 75 years of independence. Many people sacrificed their lives for the country. Many embraced death by being hanged. People spent their lives in the jails of Andaman-Nicobar. They did it for the country's independence. Independence does not only mean the change in the country's flag. We become self-reliant, our self-pride grows and we live with self-esteem. What are the duties I should do which strengthens this resolve. We should observe those duties. For example, can we decide that when the country completes 75 years of independence, we will buy everything which is local, will buy Make in India product. We will buy it from outside only if the product is not available in India. Now tell me, is this not a duty, will it not benefit the country, will the country's economy get a push or not? But if we import ready-made goods and even crackers which we will burst, what will happen?

You must have seen there are some people, who are very aware, they are very conscious of cleanliness. They get up early morning and clean the entire house. What do they do after cleaning the house? They go out and try to find out whether the neighbour is sleeping or awake, and will quietly put the garbage there. They did their duty. But was it in the interest of the nation? No. The people who get up later will realize that somebody has put garbage near their house; they will then throw it somewhere else. There will not be cleanliness because garbage will continue to be littered here and there, because I am not fulfilling my responsibility towards the nation. There are

very small issues. If we don't allow misuse of electricity, water and don't travel in trains without ticket. These are some of the issues. The country can develop faster if we do these things in our life. Now syllabus has been changed. Earlier during our school days, we were taught about civics. But it is our duty that being a citizen we should give priority to our duties. Not only will it be useful to ourselves, but to the society as well. You must have noticed that the new generation will stand in a queue at the airport and will not jump the queue. And if somebody does it, they get angry, because they are fulfilling the duty of discipline. If this becomes our character, the nation will benefit largely.

Presenter –Thank you Prime Minister Sir for your guidance. Sir, Chaved, a class 10 student of Andhra Pradesh's Jawahar Navodaya School, wants to ask you a question. Could we have the question please?

Questioner – Namaskar Sir, my name is Chaved Power. I am the student of class 10th JNV Yetapaka. My question is how can we overcome the pressure that comes from both teachers and parents during examinations?

Presenter –Thanks. Amongst us is 11th standard student Karishma from Jammu-Kashmir's Government Girls Higher Senior Secondary School who wants to ask a question to Honorable Prime Minister. Karishma, please ask your question.

Questioner – Respected Prime Minister, myself Karishma Naina, a class 11 student of Jammu-Kashmir Girls School, Nava Bagh. Next year, I am appearing for my board exam. My question is my parents have some expectations from me that I should score good marks and achieve success. My question is how can I fulfill the expectations of my parents? How can I come out of this stress which follows? Thanks.

Presenter – Thank you Karishma. There is another similar question. Monica Baiga, a class 12 student from Chhattisgarh's D.A.V. Mukhyamantri Public School, is keen to ask the question to the Prime Minister. Could we have the question, please?

Questioner – My name is Monica Baiga. I am class 12 student of D.A.V. Mukhyamantri Public School, Janakpur, district Koriya, Chhattisgarh. Honorable Prime Minister, how should the parents behave with their children so that they can avoid exam pressure and anxiety? Thanks.

Presenter – Thanks Monica. Sir, please solve the problems of Jammu's Karishma, Andhra's Chaved and Chhattisgarh's Monica regarding the exam pressure.

PM – Is this question for you or for your parents? You think that what you could not tell your parents should be told to them by Modi. I would like to tell the parents and guardians, I don't like any pressure and I don't want to spoil their children that they develop a habit of rebelling against their parents. I don't want this either.

We must have seen that pulling a steel spring to a limit is useful. But if it is pulled beyond, it will become a wire. Will it then work as a spring? Both parents and teachers should think about it. The way they behave with the child, they should try to find out what is his capability? They should encourage the child. Therefore, my suggestion to the parents, no matter how aged they are, is that they should introspect how they used to treat their children when they were of 3-4 years. You wanted your child to walk. What you used to do then? Standing afar, you would call him to come to you. Ok, now run. Didn't you do this? Did you put any pressure on your child to run? No. You used to

inspire and encourage him, and awaken his inner strength. Tell me, did you slap your child if he fell while walking? Does any mother say that I have been telling you for half an hour and you are not walking and now you have fallen down? How many times should I help you stand up? No. Rather, she claps if the child falls down. If there is some very intelligent person, he will comment, see what kind of a mother she is. The child has fallen down and she is clapping. But that mother knows that he has just fallen down, she has to encourage him. Therefore, I will tell the parents to accept the reality that the children have grown up and they are no longer 2-3 years' old. You should keep that psyche alive, don't let it die down, how you used to help your children when they were of 3-4 years' old. The parents should always encourage their children in all their endeavours and help them pursue their dreams. There is a very narrow line between persuasion and pressure. I will request both the children and their parents to strike a balance. Parents should call home for tea all those with whom their children feel comfortable, be it grandparents, uncles and aunties, or a teacher. And after some time, leave your child with them and you leave the room quietly. Tell that guardian to have an open discussion with the child and find out his interest. He should then tell the parents separately what was the outcome of that meeting, what is going inside the child and attempt should be made to address that. If this mechanism can be developed ... Earlier such a mechanism existed due to joint families in homes. India's child is super politician. If he wants to watch a film, he will go to his grandmother because he knows his father will refuse him. He knows if he has to buy new clothes, he will go to his father, because his mother will refuse him. He knows it very well how to approach family members. He develops this tendency. This does not

mean that he should not be encouraged. No. It does not mean this either because Modiji had said not to interfere with them. Try to understand him and tell him what is his strength and quality. Tell him to channelize it. The more you encourage him, the better results will follow. More the pressure, the problem will accentuate. Now parents and teachers have to decide whether to accentuate the problem or turn it into his strength by encouraging him. They should encourage each student, highlight his strength. I will stress on this.

Presenter -- Thank You Honorable Prime Minister Sir, for being a friend and mentor. We hope our parents are watching this program. Perna Manwar, a class XII student, comes from a city well known for UNESCO heritage caves. She studies in Jawahar Navodaya School, Kannad, Aurangabad, and joins us with her question. Could we have the question please?

Questioner -- Good Morning Sir. My name is Perna Manwar. I am a student of class XII science from Jawahar Navodaya School, Kannad, Aurangabad, Maharashtra. Sir, my question to you is that my parents always say that I should wake up early in the morning for study but I am a night owl. I can't wake up early in the morning. Sir, what should I do? Thank You, Sir.

Presenter -- Thanks Perna. There is a similar question. Honorable Prime Minister, Stanzin, a class 12 student of Government Higher Secondary School from Union Territory Ladakh, is present here and he wants to ask you a question. Stanzin, please ask your question.

Questioner -- Good afternoon Sir, My name is Stanzin. I am studying in XII class and my school name is Government Higher Secondary School and I am from Leh-Ladakh. Sir, my question is in your opinion what is the best time to study? Is it early morning or late night?

Can you suggest us?

Presenter – Thanks, Stanzin. A similar question. I am calling Shubhashish Chakma, a student of Jawahar Navodaya School from Tripura. Shubhashish, please ask your question.

Questioner -- Honorable Prime Minister Sir, good afternoon. This is Shubhashish Chakma of class XI studying at Jawahar Navodaya Vidyalaya under Shillong Region. Sir, actually my elder sister always scolds me because I often go for late night study and cannot wake up early in the morning. Sir, my question is whether I am doing something wrong? Please, tell me Sir, What do you say? Thank You.

Presenter – Thanks Shubhashis. Sir, Prerna, Stanzin and Shubhashish want to know from you when is the best time for studies?

PM – What an innocent question has been asked to me? A thought came to my mind from this question. This question indicates that programme “Pariksha Par Charcha” is a success. It shows that our young generation is wary of asking such questions to their teachers or people from the teaching community. There seems to be some vacuum. I would like parents and teachers to develop a relationship with the students so that they are able to share their smallest problems also with them. The more they open up, the better it will for their development. I am very grateful to my young friends that they have asked me such an important question. But still several people will tell them that you had an opportunity and what question did you ask him. But I give importance to this question and I feel satisfied that today children considered me one among them. The question that they asked me, they could have asked their mother, father, or elder sister. The feeling of belongingness is blissful and I can

feel it. Now it is very difficult for me to answer this question. This is an issue whether to stay awake in the night or wake up early. I am only 50 percent entitled to answer this question. Why I am entitled for 50 percent is that because I get up very early in the morning and therefore I am entitled to speak on rising early. But at the same time, I am not 50 percent entitled because I cannot sleep early due to my work. Therefore, I am able to follow half of the ideal situation. Since, I myself can't do this, so I do not have the moral authority to tell you what to do. But you also know that the entire day is spent with so much of work, exertion and events. Slowly, these things get entwined. You can imagine how much your mind is engaged in the evening. And if you persist to study late night, will your mind be fresh. No. Your mind will be pre-occupied with so many things. There will be action-reaction of all those events in your mind. It is possible that you won't be able to focus in the night. But this is true that you feel refreshed after a good sleep. I will not say that get up at 3 a.m. and start studying, because then you will ask your mother for tea at 3 a.m. But if you get up before the sunrise and start studying, then your mind is very healthy. The mind is akin to sky which becomes so clear after the rains. Will it not register better if you study at that time? Experience tells us and this is the belief globally. I don't have any scientific analysis. I also believe that the morning is the best time, there is freshness, no fatigue, and if you start the day with studies it is good. But I don't think many students have this problem. It is not important whether you have to study at night or in the morning. Everybody has his own characteristics, habits. You should do according to your comfort. Experience says that morning hours are fine, but if you are not comfortable then why to worry? Study at night. Otherwise, you know what will happen when results will come? You will tell your sister that you

did not score well as she was not allowing you to study at night and insisted that I study in morning. So, it should not happen. Secondly, most of the students have this experience. May be, you don't have this experience, I can't give any judgment. But when I used to study, it used to happen with me. When the new classes would start after the results, we would promise to start our studies with the opening of the schools. Then, it would be like I will start from next month, or after the first test. But there are some others - what they do? They decide to study at night. They would tell their mothers not to cook heavy meal which could make them sleep. Pasta will do. Mother also feels that if he has to study at night she would make whatever he asks for – pizza, pasta, water balls, etc. Then you feel that you are not enjoying, so you tell your mother to wake you up at 6 a.m. The poor mother gets up at 5 a.m. and starts making preparation for tea, coffee, or milk. Then you tell your mother that since you did not get good sleep at night, so you will rather study at night. This keeps on happening to wake your mother at night, or in the morning. And we keep on changing our timetable. I think this is injustice to oneself. The problem is not when to study, whether at night or in morning. The bigger problem is we tend to look for excuses not to study and as a result burden the entire family. If we change our habits, it will be beneficial. This is my own experience. Have you heard the sounds of chirping of birds at sunrise or sunset carefully? There is a difference. The tone is different. It means there is some effect of the nature. I think we should adjust our life according to the nature and should avoid any conflict with the nature. Nature itself will help you in your progress. Therefore, we should try to find nature-friendly time. Thank you.

Presenter -- Thank you Prime Minister Sir for your

enlightenment. Honorable Prime Minister Sir, Shaikha Khan from Indian School -- Dar-es Salaam joins us from Tanzania to ask her question. Could we have the question, please?

Questioner -- Good morning Sir, I am Shaikha Khan from Indian School -- Dar es Salaam, Tanzania. At times we go blank after receiving a question paper. How do we overcome such a situation? Thank you Sir.

Presenter – Sir, Shobhit Tyagi is a class 12 student of Kendriya Vidyalaya, Sector 4, R.K. Puram, New Delhi. He wants to ask you something. Shobhit, ask your question.

Questioner — Good morning Sir. I am Shobhit Tyagi, a class 12 student of Kendriya Vidyalaya, Sector 4, R.K. Puram, New Delhi. I am from Shahjahanpur, Uttar Pradesh. My question is when we go to examination hall, we start forgetting answers to the questions. I get tensed due to this. Please help me in this regard.

Presenter – Thanks, Shobhit. Sir, both Shaikha and Shobhit are suffering from the problem of forgetfulness during exams. We also face similar situation. Please guide us.

PM – You have asked the right question. Most of the students go through this. Some of the time is lost when they look at question paper. But I want to tell you something in a jovial way. You must have seen that your elder brother or your father trying to kick start the scooter in the morning when they have to go somewhere. But the scooter does not start. Have you seen this or all of you have cars? You must have noticed that your parent or your brother will move the scooter here and there, or shake the scooter. There is no technology in the world that scooter can be started just only by shaking. But he thinks it will. And what happens? After a while, the scooter starts. What

he does during those 1-2 minutes is not scientific, but most of the people do this. Those who ride scooter, they do it undoubtedly. This is not science or technology, but they do it and the scooter starts. There are so many sports programmes running on TV. Children watch them and it is good. You must have seen a tennis player who would have been an Olympic player. But before the start of the game and there is no ball, he goes to the tennis table and makes some gestures. So does his opponent. There is no ball, but both of them pretend to be playing. Similarly with cricket! No matter how much successful the batsman is, when he arrives at the pitch from the pavilion, he swings his bat as if he is hitting the ball. There is no ball and the game has not started yet. He adjusts his bat. Why? Because, he looks for comfort zone. In the same way, the bowler does the same thing. He does not have the ball, but he runs and pretends to bowl. You must have seen it happens almost in every game. What is this? This is everybody's own method to bring oneself into the comfort zone. When the question paper is given to you, just think about your father's method of starting the scooter. Spend one or two minutes going through the paper and check your pen. This is the simplest solution to avoid stress. Secondly, if you carry your burden to the examination hall, all your experiments will fail. Instead, you should go with confidence. The more the confidence in you, the more composed you will be. There is not a student who has not been taught by his teacher to approach 10 questions in one-and-a-half hours with the easier ones. Don't they tell you this? Nobody says that you have to start with the first question, then second question, and accordingly. If you find the sixth question easy, try that first to save time. If you start with the easier questions, you get accustomed, and then you can answer the rest of the questions easily.

Therefore, self-confidence is very important. Never allow exams to become burden in your life. Secondly, if you are focused then there will be lesser problems. Sometime, what happens is that your mind gets distracted. You look around and find your fellow student is attempting the first question. Don't look at others what they are doing. You concentrate on yourself, what you have to do. Within a minute, you will start hitting the road. There will be no problem.

Presenter – Thanks, Sir. Your words are source of inspiration for all of us. Honorable Prime Minister, Abhishek Kumar Gupta, a Class 12 science student from Varanasi's Central Hindu Boys School is with us and Abhishek wants answer to his question. Abhishek Kumar Gupta, ask your question.

Questioner – Namaskar, honorable Prime Minister. My name is Abhishek Kumar Gupta and a Class 12 student of Central Hindu Boys School, Varanasi. My question to you is sir, I and some of my friends do not have clarity regarding our capabilities and career options. When we think about it, nothing comes to mind. We are good in studies sir, but have not been able to decide about our future plans. Sir, please guide us. Thanks.

Presenter – Thank you, Abhishek. Sir, there is another similar question. Joining us in this chain is Julie Sagar, an 11th standard student from Bihar's Jawahar Navodaya School, who is keen to ask her question to honorable Prime Minister. May we have the video, please?

Questioner – Namaskar. Myself Julie Sagar, a student of Jawahar Navodaya School, Bihar. Respectable Prime Minister, I want to know from you how we students can analyse our hidden capabilities. Thank you, Sir.

Presenter – Thanks, Julie. Sir, there is another similar

question. Irin Dominic of class IX from Carmel Public School, Kerala, is here with us and seeks your guidance. Irin, ask your question.

Questioner -- Good afternoon Honorable Prime Minister Sir. I am Irin Dominic, studying in class IXth of Carmel Public School and I am from Kerala. My question is we have to choose the right career, so how will we realize our inner potential. Kindly guide us Sir, Thank you.

Presenter – Thank you, Irin. Respectable Sir, Julie, Abhishek and Irin want guidance regarding their talents and career options. Please help.

PM – Your question is very serious, because it is very difficult to know oneself. I recall an old incident. Once, Lions Club people had called me for a speech. This must be about 40-year-old incident. As it happens, they ask you for your introduction. I was speaker in that programme and there was a chartered accountant who was head of that programme. He also received a letter to send his introduction. He sent a 10-page bio-data detailing everything about his work experience. I also received the letter. Then I wrote on a postcard that you have asked me to write about myself, I am still trying to know myself, therefore, will not be able to tell you right now. Interestingly, it took 10 minutes to read his introduction as against less than 10 seconds of mine. It is right that it is very difficult to know self. But what is the method to know self? We can know about ourselves if we come out of our comfort zone and protective life and take ourselves to a challenge mode, then we realize whether we will be able to do this or not. Whether I have the capability to do this or not! Secondly, we can follow this. We can write a diary for a week and list all the works which we did. Then we should find out which work gave us the maximum

pleasure and which did not. If you maintain a diary for a year, then you yourself will realize your aptitude. You will realize which work you can do better and you don't need the help of others. I congratulate the department staff who have allowed the students to organize this programme and they are doing really well. There is a possibility that after this programme some people may realize that I can also do this work. Their teachers will also realize that whenever there is any such programme in school, we will consider him. Meaning, he gets an opportunity and he prepares himself for this. It will boost his self-confidence and he will realize that he has talent in him. Before this programme, he would not have thought that he could this. But he will now consider that he can also do this. Maybe, he decides to make this a profession. You will see he will read 50 things, will prepare a note of several literature books and think that if he has to go to a function like this, he has to speak this. Will he prepare or not? Meaning, he got to realize his capability. There must have been several moments in your life when you were given such an opportunity. If you get the feeling of success then you should nurture yourself and develop that talent. Secondly, there is no doubt that career has its own importance. Everybody can't be a saint or a fakir. Everybody has to take care of some responsibilities. And sometimes, we can help the nation by fulfilling our responsibilities. Therefore, career has an important role in one's life. Just because somebody is good at something, or he does that, so I should also do the same. It will only lead to discontentment. Now you see, if a boy tells his mother that he enjoys cooking and if he goes to the kitchen and observes how his mother cooks. Initially, his mother will feel happy that he is helping her. But after some time, his mother will be irritated. She will tell him to study rather than doing this work and bars his entry

into kitchen. But the child knows that he has this talent in him. Suppose, if he puts in great efforts and becomes a popular chef. Then the same mother will say I had prepared him since he was very young.

No work is bad. This is true that his childhood friends may feel that he remains in the kitchen for 2-2 hours. But it may also happen that a small interest may bring about a change in his life. And if he has a sense of social responsibility, he will become a good chef, and may also decide to work on the nutrition of children, what they should eat, how the food should be cooked. Now, tell me, how much important he will become in social service. A person can live his life by traversing different paths.

Secondly, when you sit for exams, be confident. There should never be pressure of examination, never ever have any fear of exams. Instead, one should prepare for it. If one does not succeed in clearing one entrance test, it does not matter. Lakhs of people sit for it and there will be some who will not be able to clear it. There is no need to build such tension. There can't be a worse situation than this that one does not put his feet down for fear of it. Our state of mind should be to make every effort to move forward in life. If we fail, we will learn, and will attempt next time. This should be the trait of the student. And a student does not remain student till his student life. Even when he is 24-25 years of age, he is student. One should keep the student in you alive all through your life. The student in you should not die even at the age of 80. This is the best way to live a life – to learn, know and identify new things.

Presenter – Thanks, honorable Prime Minister for your guidance. Nisha Agarwal, a class 12 student from mineral-rich and a tourist attraction, Jharkhand, wants to ask a question to honorable Prime Minister. Could

we have the question please?

Questioner – Myself Nisha Agarwal, a student of class 12 of Smriti Vidya Mandir, Ghatshila, Jharkhand. My question to honorable Prime Minister is that the board exams are on the anvil and I am also thinking about UPSE, JEE and PMT. But sometimes, one does not get success in these exams. Please guide us. Thanks.

Presenter – Thanks Nisha. We are very grateful to you Sir that you have solved several of our queries and curiosities. But after listening to statesman like you, we are still discontented. Considering your precious time, I invite class 12 student of GGSC Maluka, Batindha, Hardeep Kaur from the land of five rivers, land of gurus, Punjab, to ask the last question of Pariksha Par Charcha 2020. Hardeep, please ask your question.

Questioner – Sat Sri Akal, Sir. I am Hardeep Kaur, a student of class 12, Government Senior Secondary School, Maluka, Punjab. I can score good scores in Board exams, but Sir, I am worried and nervous for competitive exams. I want your suggestion in this regard. Thanks.

Presenter – Thanks, Hardeep. Sir, guide Hardeep and Nisha for their queries.

PM – Sat Sri Akal. My request to all of you is to read my book, not because I have written that book. I will request you to read the book Exam Warriors in these two days of Pariksha Par Charcha, if it is possible. Actually, it is not my book. It is due to all of you that the book has been developed as new aspects keep on adding to it. You read it twice in the next two-three days. Then there will be no worries about your next exams once you do well in your 12th exam. What is this worry? This worry is not about your exams. This is about the ambition, a strong desire within you to become somebody. You consider exam as an issue of life and

death due to that ambition. If I fail then all my doors for the future will be closed. You don't have the tension of the success of the exam. Your tension is that you have identified yourself with a career that you have chosen and you fear that you will become useless if you are not able to do it. If you read the book Exam Warriors, it has a very simple answer. I often tell about myself that never ever dream to become somebody. There is always a possibility of disappointment if we don't become what we aspire to become. But if we dream to do something, then whatever we do, we will feel like doing it better. So, rather than dreaming about becoming somebody, we should dream about doing something. If you dream about doing something then there will never be pressure of exams. It is just a window, a door which opens up for our progress. But there is just not a single way, there are several means, there are several spheres. If you live with this belief that the entire world is ready to accept your capability, I am sure, you will never experience tension.

I once again congratulate the HRD ministry from my heart. I thank the country's schools, particularly the teachers. I also thank all the parents who have made great efforts to make this Pariksha Par Charcha programme a success, and to take it forward, and all the states of India have played a constructive role.

Whenever I, you all come here, I see a new India in front of me. Students from different parts of India are here. When the country celebrates the centenary of its independence, leadership will be in your hands. They are the ones who are sitting here. And when you will be at the peak of your success, and if I am alive and meet you, then I will say with pride that the people who are providing leadership to the system, changing the situation, gifting new things to the world through their works in labs, they are the people who I had the

opportunity to meet on 20th January 2020. I will feel proud when the country's leadership will be in your hands and I will say it with pride that I had met them earlier. What can be a bigger satisfaction in my life than this?

With this satisfaction and belief, I say that exams are not life; they are stepping stones of life. I will tell lakhs of education institutions, crores of children, and children from the world who have connected with this programme through internet and technology, that future belongs to you. It is because of your efforts and hard work that future belongs to India. With this belief, we all move ahead in our lives. My many many best wishes to all of you.

Most of the children must be having this question in their minds and some of them would have given TV interviews regarding the questions they were going to ask the PM and would not have got the opportunity today. I apologise for this as due to time constraint I am not able to give opportunity to everybody. But I understand your feelings. I read your questions, and try my best to connect with you, which I will continue to do so in future also.

With this sense, many many best wishes to all of you. Many many thanks.

PM Narendra Modi gives formula to sharpen students memory

07 APRIL 2021

Namaskar, friends, How are all of you? Hope your exam preparation is going well. This is the first virtual edition of 'Pariksha Pe Charcha'. You know, we have been living in the midst of Corona for the last one year, and because of that everyone has to innovate. I too had to give up the temptation to meet you in person this time, and have to come among you in a new format.

This in itself is a big loss for me that I am not being able to meet you in person, not seeing the happiness on your faces and not experiencing your enthusiasm. But still, the exam is there. You are there, I am here and there is an exam. So, it is better that we continue with the discussion on the exam and we will not take a break this year also.

We are going to start our conversation. To start with, I would like to tell one thing to the countrymen, parents and teachers that this is 'Pariksha Pe





Charcha'. But it is not just about exams. We can discuss many things. We have to create a light-hearted atmosphere and instill new confidence. We will do it in the same way as we talk among loved ones and friends at home.

Question- 1-A.

M Pallavi, Govt. High School, Podili, Prakasam, Andhra Pradesh

Namaste hon'ble PM Sir, (Modiji: Namaskar, Namaskar): My name is M. Pallavi, I am studying in 9th class. Sir, we often feel that the studies are going well but as the examinations approach, the situation becomes tense. Please suggest any solution, Sir. Many thanks, Sir.

Thanks, Pallavi, I am told that there is another similar question.

Question-1-B. -

Arpan Pandey - Global India International School, Malaysia

Regards, Respected Prime Minister. My name is Arpan Pandey. I am a student of class 12th in Global Indian International School Malaysia. I expect you to answer a question for my future success and I hope

you will guide me. My question is, how do we overcome the fear and stress during exam preparation and whether we will be able to score good marks or not or whether we will get admission to a good college or not? Thank you.

Answer-

Pallavi, Arpan, when you talk of this fear, I also get scared. What is it that should be feared? Are you going to take an exam for the first time? Have you never even written an exam before? Did you not know that the exam comes in the months of March and April?

You already knew it for a year. Exams didn't come suddenly. And that which has not come suddenly, so sky has not fallen!

It means that you are not afraid of exams, you are afraid of something else, and what is that? An environment has been created around you that this exam is everything in life. Sometimes, society, school, parents and relatives create such an environment and discuss as if you have to go through a very big event, a very big crisis. I would like to tell them, especially to the parents, what have you done?

I think this is the biggest mistake. We become



unnecessarily over-conscious. We start thinking too much. I am of the view that this is not the last achievement in life. Life is very long, there will be many phases, and this is just a small phase. We should not create pressure, whether it is a teacher, student, family member, or friend. If there is no pressure from outside, then the pressure of the exam will never be felt. Confidence will flourish and pressure will be released. Children should live tension-free at home and indulge in light-hearted things that they used to do earlier.

See friends, what used to happen earlier? Earlier parents were more involved with the children on



many issues. They used to be comfortable with the children. Most of the people who are involved today are only regarding career, exams, studies, books, syllabus, etc. I do not consider it involvement, because they are not aware of the real potential of their children. If the parents are more involved, then they know the children's interests, nature, tendencies, etc, and even try to rectify flaws, if any.

As a result, the confidence level of the child grows. His strength as well as his weaknesses are known to the parents. Therefore, the parents try to put aside any

weakness and emphasize his strength.

But today some parents are so busy that they do not get time to engage with their children in a real sense. What is the result? Today, the parents look at the exam results to know the potential of the child. The assessment of children has been limited to the exam results. There are many such things in the child beyond marks which the parents are not able to notice.

Friends, we have a word 'criterion' for the exam. It does not mean one has to be tested all the time. It is not that the exam is the last thing in the world. Rather, the exam is a good opportunity to measure oneself for a long life ahead. The problem arises when we consider exams as the end of our dreams and make them a life and death issue. Actually, an exam is an opportunity to chisel life. It is an opportunity and it should be taken as such. Actually, we should keep looking for opportunities to test ourselves so that we can do better, we should not run away.

Let's move on to the next question, friends.

Question- 2-A.

Ms. Punyo Sunya - Vivekananda Kendra Vidyalaya, Papum Pare, Arunachal Pradesh

Hon'ble Prime Minister, Namaskar (Modiji: Namaskar). My name is Punyo Sunya, I am a student of Class XI. My school's name is Vivekananda Kendra Vidyalaya, District Papum Pare, Arunachal Pradesh.

Hon'ble Prime Minister, there are some subjects and chapters, about which I am not comfortable, and I keep trying to get rid of them. No matter how hard I try, I can't follow them. Maybe it's because I'm scared of those subjects. Sir, how to resolve this problem? Thank you, Sir.

We have reached Arunachal from Andhra to



Malaysia and I am told that there is another similar question.

Question- 2-B

Ms. Vineeta Garg, SRDAV Public School, Dayanand Vihar, Delhi

(Modiji: Namaskar) Hon'ble Prime Minister, Namaskar. My name is Vinita Garg and I have been working in SRDAV Public School for the last 25 years. My question is, some students have fear for some subjects and they try to avoid them. Teachers of subjects like History or Mathematics can understand this very well. What can we do as teachers to make this situation better?

Answer-

This is a different type of topic that has come before me. I will try to reach the students and offer some solutions with regard to teachers' concerns as well. Both of you have spoken about fear of a particular subject or chapter. You are not the only one who has to face this situation. The reality is that there will not be a single person in the world who does not

have to face this.

Suppose, you have 5-6 very nice shirts, but you like 1 or 2 shirts so much that you wear them often. It does not mean that the rest are useless or their fitting is not proper. You like those two shirts and wear them often. Sometimes, parents also get angry when you wear them repeatedly. "You wore it two days ago", they say.

Likes and dislikes are traits of human beings and sometimes you develop an attachment with what you like. Where is the question of fear or dilemma?

Actually, what happens is that you become comfortable with what you like. But when you are not comfortable with something, you spend 80 percent of your energy on stress. Therefore, I would urge students to distribute their energy equally. Distribute equal time to all the subjects. You have 2 hours to study, so in those hours read every subject with equal spirit. Distribute your time equally.

Friends, you must have seen that teachers and parents teach us to attempt first what is easy. This is commonly said, and especially in exams, to attempt the easier ones first. 'When you have time, try to solve the difficult ones.' But I think this advice is not necessary and useful regarding studies. I look at this from a different point of view.

I say that one should attempt first what is difficult when it comes to studies, because your mind is fresh and you should try to attend it first. When you attend the difficult ones, then the simple ones will become even easier.

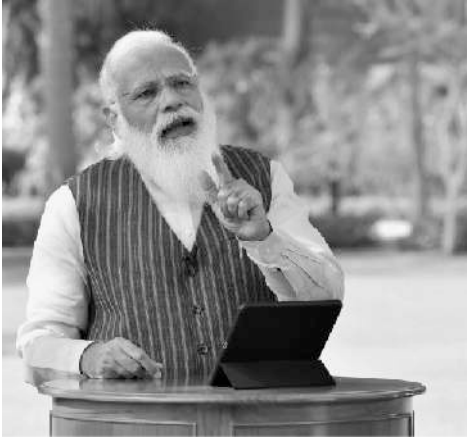
I will tell you about my experience. When I was Chief Minister and later when I became Prime Minister, I also had to read and learn a lot to understand many

things. I try to start off with difficult things which require serious decisions. The officers bring up the difficult issues in the morning and they know that my mood is different then. I grasp things very easily and move in the direction of decision-making. I have made my own rule and have tried it. So after a day's hard work and fatigue, I take up issues late at night that do not require much application because the chances of mistakes are negligible. I finish up those things till late at night. The next morning, I start with taking up challenging issues.

One more thing, friends, we should learn from ourselves. People, who are very successful in life, are not proficient in every subject. But their command of a particular subject is tremendous. For example, Lata Didi! Lata Mangeshkarji is very popular in the world. But if she is asked to teach chapters of geography in a class, I am not sure she will be able to teach. Lataji may not have mastered geography, but what she has done in the world of music and spent her life on that subject that she has become an inspiration for everyone today. Therefore, you may find some subjects difficult, but that does not mean there is any shortcoming in your life. You just keep in mind that you do not distance yourself from the study of this difficult subject.

At the same time, my advice to the teachers is that they should talk to the students about their time management, their modalities and discuss with them other things besides the syllabus. They should guide them rather than admonish them because it often results in negativity among students. If encouraged, they become powerhouses. Some things must be said publicly in the class so that everyone will be enlightened, but there are many things like calling a student and encouraging him by saying with affection

that he is doing well and telling him about his strength. It will be very useful.



You should do one thing. Try to find out what you found very difficult in your early part of life and today you are able to do it easily. Make a list of such tasks. For example, you may have found it difficult to ride a cycle, but now you can do the

same thing easily. You must have been very scared to swim, but you must have learned to swim well today. You made what was once difficult easy. There will be hundreds of such things in your life. If you recall and write it on some paper, then you will never have to ask any difficult question to anyone, even me, because you will never find anything which is difficult. Trust me friends, try it once.

Question-3. Neel Ananth, K.M., Vivekananda Kendra Vidyalaya, Kanyakumari, Tamil Nadu.

Hon'ble Prime Minister Ji, Vanakkam! (Modiji: Vanakkam, Vanakkam). I am studying in 12th standard in Vivekananda Kendra Vidyalaya, Kanyakumari.

Dear Sir, we have more free time than usual due to online classes in this pandemic situation. I would like to know how we can make the best use of our free time. My thanks to the Prime Minister for giving me this opportunity!

Answer-

Vanakkam! When your parents come to know that you are talking about the free time during exams, see what happens. Well, I liked this question that you are paying attention to the free time even during the exam and discussing free time. Look friends, don't consider free time to be free, in fact, it is a treasure. Free time is a privilege, an opportunity. There must be moments of free time in your daily routine, otherwise, life becomes like a robot.

Actually, free time can be of two types -

One, that you know in advance that you are free from 3 to 4 o'clock, or you are free for half a day on Sunday. The second is when you get to know in the last moment. If you already know that you have free time, then you can tell your parents or your siblings that you want to help them.

Secondly, think about the things that make you happy.

Though it is a little heavy word – $\square\square\square\square\square\square\square\square\square\square$ i.e., you can do anything which gives you happiness and entertains your mind. Now that you have asked me, I must also share what I like to do. I have observed in my daily routine that if I get even a little bit of free time and if I have a swing, then I feel like sitting on the swing for a few moments. If I am very tired and have time even for five minutes, or even if I am doing some work, then sitting on the swing in my spare time makes me happy.

When you earn free time, you get to know its true value. That's why your life should be such that when you earn free time, it should give you immense pleasure.

It also needs to be kept in mind what should be

avoided during free time; otherwise, your entire free time will be consumed by that thing. You will not even realize and in the end instead of being refreshed and relaxed, you will get fed up and start feeling tired.

One more thing I feel is that we should look for things to increase our curiosity which may become very productive. Observe your parents, when they are cooking. Learning new things have a very deep impact on life.

Another best use of free time can be to involve yourself in some activities in which you can express yourself, which bring out your uniqueness, which can connect you with your individuality. There can be sports, music, writing, painting, story writing, etc. You can do a lot.

Give a creative way to your thoughts, to express your emotions. Sometimes, the scope of knowledge is limited only to what is available to you, which is around you. But the scope of creativity takes you far beyond knowledge. Creativity can take you where no one has ever reached before. In our country, there is a saying that poets reach where even the Sun cannot reach.

Question-4-A. Aashay Kekatpure - Bengaluru, Karnataka

Namaste, Hon'ble PM Sir. I am Aashay Kekatpure from Bengaluru. My question is what is the best way to teach good values to children? Thank you.

A question has come to me through the NaMo app. I do not have its visuals, but I liked that question, so I feel that I must share it with you. Praveen Kumar has asked this from Patna:

Question-4-B - Praveen Kumar, Patna, Bihar

Sir, today, it has become a bit difficult for parents

to raise their children. The reason is today's world and the children. So how do we ensure that our children have good behavior, habits and character?

Answer-

Being a conscious father, Praveen Kumar is probably asking me this. It is a very difficult question for me. I would say that you should introspect yourself first. Isn't it the way you want your children to live the life you have chosen for yourself? And if there is a slight change in their lifestyle, you start thinking that there is a decline in their values. I remember vividly when I was talking to a group of young people involved in start-ups, a daughter from Bengal who started her start-up, shared her experience. She said that she quit her job and career for a start-up. When her mother came to about it, she cursed her. This shocked the mother so much, but later that daughter was very successful in her start-up.

You should give thought to whether you are not trying to hold your child in your emotional world? Therefore, you must identify your family, your traditions and how to emphasize the core values in it.

There is a saying in our country that public service is service to God. This is in our scriptures. You do a lot of worshipping and people think that you are very religious, but you don't do any public service. When your child sees this contradiction, conflict starts in his mind. Questions arise, and it is natural also.

Similarly, according to our values, God resides in all living beings. We have been taught this. But did you ever bother about those who come to your house for cleaning, the liftman or the auto-rickshaw driver who drops you off at school? Did you ever ask them whether somebody in their family was infected with Corona? How was everybody in their family? Whether

everything is fine in their village? Did you ever ask them? Had you done so, you would not have to teach values to your child.

I'm not questioning you? I'm talking about normal behavior. Some people don't really do that. There is a birthday of a child in the family and there are so many preparations to be made. There are many people who would ask the people who help them in their households to finish everything by 5 p.m. as guests would start pouring in from 6 p.m. Do you ever tell those people to come well-dressed to the party with their family? Rather, what do you say? You tell them that a lot of guests would come and they would have to stay late. Your child is watching everything that there is a party at home and all those who put in hard work are not part of that party. And then the conflict starts in the mind of that child.

Let me give you another example. We say sons and daughters are equal. These are our values. The goddesses have as much importance in our imagination of the divine form. But, knowingly or unknowingly, there is inequality while treating sons and daughters in households. And later, the same son develops the same feeling while he enters the social life.

It is true that if family values are good then evils do not prevail, but still something is lacking as our behavior towards sons and daughters is concerned. Therefore, when our behavior does not meet that yardstick, conflict develops in the minds of children. So never try to impose values. Try to inspire others by practicing values yourself.

After all, children are very smart. It is difficult to say whether they will follow what you say or not, but there is a good probability that they will watch very closely

what you are doing and will be tempted to copy it. And when you instinctively combine these values, our history, our Puranas, children will be inspired too. It will be easier to put values into practice.

Question-5. Pratibha Gupta, Ludhiana, Punjab

Hello Sir, I am Pratibha Gupta from Kundan Vidya Mandir, Ludhiana. My question to you is that we always have to run after children to get work done. How can we make them self-motivated so that they can do their own work? Thank you.

Answer -

If you don't mind, I have a slightly different opinion on this subject. I think we have to run after children because they are faster than us.

It is true that everyone in the family has the responsibility for the upbringing of their children and to teach them. But sometimes, we, as elders, should also evaluate ourselves. We try to mould children according to our thoughts and that's where the problem starts. We make it a symbol of social status. Often parents set some goals and parameters in their minds and have some dreams. Then they put the burden of fulfilling their dreams and goals on the children. Knowingly or unknowingly, we use our children as an instrument for our own purposes. Sorry, if you find my words harsh. And when we don't succeed in taking our children in that direction, we begin to say that children lack motivation and inspiration.

Training is the first part to motivate anyone. Once the child's mind is trained, motivation will follow. Training can have many means and ways.

Good books, good movies, good stories, good poems, good idioms, or good experiences! All of these are in a way training tools. Like, you want your child to

get up in the morning and study. You request him and scold him as well, but to no avail. But do you ever discuss those books in your house which list the benefits of getting up in the morning? In our country, spiritual people start their day from the divine moment and follow the norms accordingly.

Nowadays, on the other hand, the 5 AM Club is also in the news. Have you ever discussed a book at home, or a movie, or a documentary that talks about it in a scientific and logical way? Try it once and the child will be trained to wake up in the morning. Once the mind is trained and the child realizes the benefits of waking up in the morning, he himself will be motivated. This is what Environment Creation is all about and which is most needed in the house.

Remember the time of your child's early days, when you would embrace him in your lap. Suppose you had a pen in your pocket or you were wearing glasses, the child tried to pull it or take off the glasses. So what did you do then? He would cry if you tried to take back the glasses or the pen. What do sensible parents do? They give him a huge ball. What does the child do? He drops the glasses and the pen and starts playing with the ball. He stops crying and you get an easy solution. You used to motivate him by diverting his mind, by giving him other positive things he liked more. You can still do the same that you did before when your child was very young.

You may have heard - "One lamp lights another". Your child should not be dependent on outside force; but should be illuminated from within. The light that you want to see inside your children, that light should shine from within. And that is possible with your conscious active efforts. The children will observe very closely the changes which will accompany your

action.

Here I would like to draw your attention to one more thing. Never ever create fear in children. Please don't try that. In a way, that method seems very easy, but it increases the chances of negative motivation. As soon as that fear is over, the child loses motivation. Therefore, you should emphasize positive motivation.

The mantra of motivation, which is for the children, in a way, it is also for all of us, for human beings only.

Question-6-A. Tanay, a foreign student, Salmiya Indian Model School, Kuwait

Namaste Prime Minister Sir, (Modiji: Namaste). My name is Tanay and I am a student of Salmiya Indian Model School, Kuwait. Sir, I have a question. How to prepare ourselves for the battle of life? Thank You Sir.

Question-6-B Ashraf Khan - Mussoorie, Uttarakhand

Ashraf Khan from Mussoorie, Uttarakhand, has written on NaMo app.

Sir, when we talk to our elder cousins or friends, they say that 'you have hardly seen life in school. The real test of life would be once you are out of school'. My question is how do we prepare ourselves today for tomorrow's challenges?

Answer-

Tanay, you are talking to me from Kuwait, but Tanay, has anyone ever noticed that your voice is god-gifted. Have you ever been told by your parents, friends or your teachers? Have you noticed it? After listening to your question, though it is recorded, I believe for sure that you have been given a very special kind of voice by God. It can be your great gift.

As far as your question is concerned, the people who tell you this and they have their way of saying this

as advice, but if you look at the truth within, they are trying to make themselves a hero. Or they magnify their failures so that they can get an escape route. And, therefore, they show that they have huge challenges.

My simple mantra in this regard is to ignore it.

Yes, the question is very natural, what after the tenth or the twelfth? It is in the mind of every child and neither can I deny it nor anyone else. For many, this question may be a source of anxiety and frustration. Unfortunately, in today's dazzling age, due to celebrity culture and its influence, it has become a trend among students to copy somebody who appears on TV, or who is discussed in newspapers. There is nothing wrong with it, but it is far from the reality of life.

With the one or two thousand people that we see in the media, the world is not so small. Such a large world order, such a long human history, such rapid changes, all these come with a lot of opportunities. The truth of life is that there are as many variations as there are people. There are as many opportunities as there are people. We need to widen the scope of our curiosity.

Therefore, it is essential that you learn to observe life around you when you are in class X, or in class XII. There are so many professions around you and different kinds of jobs. Train yourself, improve your skill, and take advantage of it. One of the arguments of choosing a career is that many people look for an easy route in life and desire accolades very soon, or achieve financially important status. This desire sometimes leads to darkness, not every time in life. Then this is the age when dreaming and immersing in dreams feels good.

Dreams are good, but it is not right to only sit and dream. What is more important is to go beyond dreams and make a determination to achieve those dreams. You should think, what is one of your dreams that you would like to make a resolution of your life? Once you make the resolution, you will find the way forward very clearly.

Question-7-A Amrita Jain, Moradabad, Uttar Pradesh

Hon'ble Prime Minister, I am sorry, my question is not related to the examination. So please don't laugh at it. Nowadays, kids don't eat properly. They are more interested in chips, chocolates and junk food. Would you please tell us what we should do about it?

Question-7-B. Sunita Paul - Raipur, Chhattisgarh

There are more similar questions. Sunita Paul ji from Raipur, Chhattisgarh, has written on the Narendra Modi app. Sir, our children don't eat what we give in the tiffin and always insist on eating fast food. Please guide us on this issue.

Answer-

I do not understand whether I should smile or laugh out loud at these questions. If we deal with this issue psychologically, then maybe the solution will be easier.

Psychologically, we should create a sense of pride in our traditional food items. Talk about their specialties. The members of the house should also know the process of cooking, the activities in the kitchen and how difficult it is to cook food. All these things should be discussed in front of the children also. How the food is cooked, how long it takes to cook, how many ingredients are there. Then they will realize that it requires many efforts to fill the plate.

There are so many food-related websites these

days. There is no shortage of healthy food. Can we gather information from these websites and develop a game about these foods which we can play once a week? For example, we can talk about the importance of carrots, what are its benefits and what are the nutrients? Try it out.

Secondly, the family doctor in our house is almost like a friend. Whenever he visits your home, the entire family should listen to him about the important aspects of food. How to get nutrients from which food and what to eat? They can tell you the hereditary problems and what food is necessary to avoid them. This will also benefit the children.

Thirdly, you can request the teacher, take her into confidence and tell her the problems you are facing, especially regarding the food habits of your child. You see, the teacher will use humor and jokes and instill in his mind why he should eat home-cooked food. The words of the teacher have a different impact on the child. We should also keep experimenting with something new. I have seen many instances where traditional food is served to the children in different forms. It also creates a natural attraction in children towards that food. Well, this is a topic beyond my syllabus but maybe some of my suggestions will work for you.

Question – Divyanka, Namaskar! What do you study, Divyanka?

Sir, I am a Commerce student.

Do you live in Pushkar?

Yes, Sir.

So tell me something sacred about Pushkar. What is the specialty of Pushkar?

Yes, there is one and only Brahma temple in

Pushkar.

Yes...

And Pushkar Raj is the guru of 68 shrines.

Ok, what has been the role of Brahma?

He created the earth.

Ok. Divyanka, tell me what was your question?

Question- 8. Divyanka Parashar, Mukhiya Colony, Parikrama Marg, Badi Basti, Pushkar.

Sir, I have some friends who have an average memory. No matter how much they study any subject, they cannot remember it in the exam. Sir, what should they do so that they can remember that subject?

Answer

Well, you need memory herbs!

Yes, Sir...

Look Divyanka, if you really have a habit of forgetting then you would not ask me, because you would have forgotten the question as well. First of all, you must delete this word from your dictionary. Don't think that you do not have the power to remember. If you look at some events related to yourself, you will know that you really remember a lot of things.

For example, your Mother Tongue! Did anyone teach you Mother Tongue with grammar?

No, Sir.

Did you learn it in school or through a book? No. You learned it by listening to others. So these are the things. Just think, did you ever try to learn things which you like? You never forget things that you are completely attached to and which have become part of you and your flow of thoughts.

In other words, it is not memorized, it is actually internalized.

And internalizing is a good way to do this. So instead of insisting on remembering, you should try to live it with spontaneity, simplicity and totality. You have the same powers that a talented person has. Imagine if you had a quarrel with your brother or sister, you remember it. You do not forget. You would even remember what clothes you or your siblings wore at that time, whether you were fighting while standing or running. You would remember each and everything.

Yes, Sir...

It means that you were fully involved in it; you were living that moment to the fullest. It is very important to stay in the moment you are in and to be fully involved if you have to remember things and recall them. That is, when we study, the book is in our hands, but the mind is in the playground or with friends, then it gets messed up.

If any of you study psychology later, then the concept of Memory by Association will be explained in detail. You recall, the national anthem is played in the morning assembly in schools. Now everyone sings Jana-Gana-Mana, but have you ever traveled the country while singing the national anthem? Could you visualize the words that come with it? Did you travel to Punjab, Gujarat, Maharashtra and Bengal in your mind while singing the national anthem? If you do so, you will suddenly start remembering.

If the mind visualizes, then you remember well. There will be another benefit. You will also find yourself immersed in the country. That is, involve, internalize, associate and visualize. You can follow this formula to sharpen your memory.

Let me give you another example. You have notebooks, books on different subjects. When you leave home make sure to arrange notebooks of various subjects number-wise in the bag. It can be at number four or number three. And if you have kept the history book in number three or the geography book in number four, you will find that you will be able to get the history book from number three without even opening your eyes.

See how much your confidence level will grow.

I felt good that I got a chance to talk to you and I salute the people of Rajasthan and also the holy land of Pushkar from here. Thank you very much.

Thanks.

Question- 9. Suhaan Sehgal, Ahlcon International, Mayur Vihar, Delhi

Namaste ji.

Namaskar, Sir.

Yes, tell me.

My question is that when we have to remember the answer to a question, we remember it well. But when we start writing in school, all of a sudden we forget everything just by looking at the question paper. Sir, please explain why this happens?

What is your good name?

Suhaan Sehgal

Ok, Sehgal ji, where do you study?

Ahlcon International School.

Have you ever asked this question to anybody before?

No, Sir...

You did not ask? Did you ask your parents?

No, Sir.

Did you ask your teacher?

No, Sir.

You're amazing, friend. Did you find only me to ask this question?

Answer-

I understand your question. Most of the students have this anxiety. When I used to study, I too had this problem.

You see, when you go to the examination hall, you should calm your mind completely.

I can see you on the TV screen right now. You are so calm, confident and smiling. Be like this when you go to the examination hall. You will not forget anything.

When your mind is restless; you are anxious and nervous, it is very likely that you will forget everything for a while upon seeing the question paper. The best solution is to leave all your worries outside the exam hall. You should have this feeling that you have done the preparation which was required and now your focus should be on answering questions. You should never be worried thinking about what will happen if a question that you have not read comes up.

I will tell everybody that many activities and suggestions have been offered in the Exam Warrior book on how to approach examinations without any tension. Since I got some time during the Corona period, I have made some improvements and added new chapters. This time, it is not only mantras for children, but I have written a lot for parents as well. So many activities are also there on the NaMo app. You

can participate and share it with your friends as well. I am sure it will help you and your friends. I would like you to write me a letter if you find the book Exam Warrior useful. Will you write to me?

Yes, Sir.

Great!

Thank You, Sir.

Question- 10. Dharavi Bopat - Global Mission International School, Ahmedabad

Namaste ji!

My name is Dharavi Bopat. I am a Commerce student and in the 11th standard and studying in Sanskar Dham of Global Mission International School, Ahmedabad, Gujarat. Sir, industry, trade, governments must have suffered in this Corona period. But have you ever wondered what problems were faced by the students? How do I remember this crisis in my life? It seems that one year of students has been wasted. What would you do if you were in my place? Your guidance will give us direction. Thank you.

Answer

Dharavi, do you have a brother?

Sir, I have a younger sister.

Well, do you scold the younger sister in the same way as you were speaking now?

No, Sir.

Have you come to Sabarmati Ashram before or this is your first visit?

Sir, I have come here for the first time.

You came for the first time! For how long have you

been living in Ahmedabad?

Six years, Sir

Well, you have been living there for six years and you never felt that you should visit such an important place of India's independence. You must have come this morning.

Yes, Sir.

What did you see today? Did you see everything?

Yes, Sir.

Did you experience peace of mind?

Yes, Sir. Very much!

You should tell your friends of Sanskar Dham, family and friends that they should also visit Sabarmati Ashram and experience peace.

You should spend a few moments of silence there. Will you?

Yes, Sir. Sure.

Ok, let me get to your question now. I started preaching Dharavi.

You are absolutely right. As far as Corona is concerned, I see it this way that you have to bear the brunt of the mistake you did not make. This is a life lesson for you that sometimes a lot happens suddenly in life which is unimaginable. And you have no control over these events. Even during Corona, we can say that the loss of the children and youth has been huge. For a child, the loss of one year is like a void in the foundation of a big building. Filling this gap is not easy.

What do you mean by school age?

Laughing, playing, playing in the clay, throwing clay, enjoying summer, winter, rain, everything with

friends, teachers in the classroom, gossiping, telling even the smallest incident of the house to everybody ... all these are very essential for the development journey of life. You can instinctively learn from all these things.

If you remember the time before the Corona period, you would be thinking how much you have missed. If much has been lost during the Corona period, much has also been gained. The very first lesson of Corona is that you realize the importance of the things you missed, the people you missed in your life. You realized that nothing should be taken for granted, whether it's sports, physical classes at school, vegetable sellers near your house, ironmen, shopkeepers in the nearby market. You realize the importance of these people and other things when you miss them the most. Therefore, you should be constantly aware in this direction and remember this lifelong lesson.

These things should not be neglected even after Corona. At the same time, you should also remember that there are a few things needed to live life in the true sense. Secondly, in this one year, you may have unknowingly got an opportunity to peek inside yourself, to get to know yourself.

Another thing that has happened in the Corona period is that we have understood each other more closely in our families. Corona forced social distancing, but it also strengthened emotional bonding in families. The Corona period has also shown the strength of a joint family and how much role they play in shaping the life of the children. I would like people from social sciences and our universities to do research on this. They should study family life during the Corona period and explore this aspect of how the

joint families gave strength to society in coping with this crisis.

We focused on many important topics like Ayurvedic decoction, nutritious food, cleanliness, immunity during the Corona period. What people did during this period, maybe the problem would have been much less had they been doing it before. It is good that now people have incorporated these changes into their lives.

And that is why I would say that it is important that the children are thinking, talking about such serious aspects.

Thank you, Son.

Question- 11. Krishty Saikia - Kendriya Vidyalaya IIT Guwahati.

Hon'ble Prime Minister, I am Krishty Saikia, Class X student of Kendriya Vidyalaya, IIT Guwahati. I greet you on behalf of the people of Assam. Sir, as a child of the new generation, we always want to bridge the generation gap between our parents and ourselves. Prime Minister Sir, how can we do this? Please guide us.

What is your name?

Sir, Krishty Saikia

How do you speak such good Hindi?

Thanks, Sir.

Answer-

You asked a very question. I appreciate you for asking the question as a student. It shows how sensitive you are to this issue. You are not only understanding this; but also trying to bridge the generation gap between two generations.

But I have to talk to the parents about this. One thing that parents have to decide is whether they want to grow old, or stay young. And you must ask these questions to your parents also. If parents want to grow old, then they can keep maintaining distance from their children and keep widening the gap. But if you want to stay young, then close the gap with your children.

Develop closeness. This is to your advantage. Remember, when your child was one year old, how did you talk to him? How did you make such sounds to make him laugh? How did you talk to him by making different expressions on your face? In doing so, did you ever wonder what someone would say if they saw you?

Did you ever think when people see you doing this, what they would say, how he is making faces, how he is making sounds? Did you ever wonder what was going on in your child's mind at that time? You enjoyed it at that time, so you did it. You didn't care about anyone and you became a child yourself.

You yourself became a toy to play with the child and played with the child's toys as much. You remember, sometimes you would become a horse, sometimes you would walk with the baby on your back, or walking around the house by placing him on your shoulder, or walking with four legs, or faked crying to silence your child. At that time, you did not care what others would say, what the rest of the family would say, what society would say, what friends would say. Ever wondered? You enjoy that moment and it lasts until the child is 5-6 years old. As the child gets a little older, then parents develop such a mentality that

they want to dominate the child, want to teach the child everything. All of a sudden, those who were friends with the child earlier become instructors and sometimes even inspectors.

Friends, the child observes many things when he steps into the outside world. He starts seeing something new, something different from what he saw at home. At that time, it is your conscious responsibility to make your child flourish in that new environment. And the best way to do this is to connect with his mind, follow his mind and listen to everything he says emotionally. It's also not that you have to listen to him while you are busy talking on the phone. If your child has done something which you don't like, then don't scold him, don't tease him and just keep listening. If you listen to him, he will realize how much you love him. But yes, something which is not to your liking, keep it within yourself, because some of these things are important for the growing children.

Listen to him as much as you can, try to understand him. Do not explain to him like an instructor what he has to do from morning to evening. Don't ask him again and again and just keep your eyes and ears open. You ponder over the things that you did not like about him and create an environment so that he can see for himself where he is going wrong.

When parents associate with their children, then there is no issue. If a child is listening to a new song, enjoying listening to new music, try to join him in that enjoyment. You don't tell him that you will play a song which was there 30 years ago of your time. Don't do that. Join the song he likes and enjoy it.

Try to understand what is in the song that your child

is enjoying. But what happens? We find that some parents tell him 'what a useless song you are listening to; the real music used to happen in our time, now what is made is just noise.' Sometimes, it so happens that the child comes and tells you something which he did in school. But you harp on your stories and put him off by saying 'what is new in it'.

Show interest in your child when he speaks about his generation. When you will join him, you will see how the generation gap bridges. And maybe he understands what you are trying to say. Therefore, both children and adults need to understand each other to bridge the generation gap. You have to gossip with an open mind, you have to understand them, you have to listen to them and you have to be prepared to change yourself. I got such a good question from Assam and I gave such a long answer. But I liked it. Thank you very much.

Thanks, Sir.

Question- 12. Shreyaan Roy, Central Model School,

Namaste, Sir.

Namaste.

I am Shreyaan Roy of Class X. I study in Central Model School, Barrackpore Kolkata.

Sir, in the exam season, more than the exams what scares us is what will happen after exams. What will happen if our results are not good? Is failure in examination actually a failure for us in our life?

Answer:

Why do you think that? If you read the book Exam Warrior, you would answer all these questions yourself.

But your question is important. And perhaps such questions keep up popping again and again; and have to be answered again and again.

I want to say this with an open mind that unfortunately, the scope of perception in the field of education and in family life has become so narrow. The numbers you get in the exam cannot be a measure of your ability. Not only in India, you will see many successful people in the world who were not good in numbers in class, but today they are the best in their field. This exam is just one stop. A low score in the exam does not mean that you have suffered a great loss in your life.

Yes, I will tell you about one thing that you should avoid in the future. A new kind of disease is emerging in society, which we can call destination fever. That is, to decide about one's direction by looking at somebody else's destination. If any of your relatives succeeded by going somewhere, you think you will also succeed by going there. If someone fails you think you will also fail if you go to the same field. We think that if a student went in that direction; pursued that field, earned his name in that field, then we will do the same, only then our life will be successful. This perception is not right friends. The result of this perception is that many students are under stress.

What you study cannot be the only criteria of success and failure in your life. What you do in life will determine your success and failure. Get out of your pressure, society's pressure and parents' pressure.

Sometimes you have to hit the ground to know your potential. I think you must have got your answer.

Friends, I loved it as I got the chance to meet you

virtually. I thank you all very much. I really enjoyed it. Talking to you is no less than a passion and happiness for me. I think some of it will definitely work for all of you. It is not necessary to follow what I said. Think in your own way,

Today I want to prepare you for a big exam in which you have to pass with 100% marks. This is to make our India self-reliant.

This is to make Vocal for Local a mantra of life.

I want to request you to make a list with your family when your board exams are over. Try to find out the products that you use from morning till night, the products made on foreign soil and the products which have the fragrance of the soil of Mother India and which have been made by the hard work of the countrymen.

I also want to give you a task after the exam. You all know that our country is celebrating the Amrit Mahotsav of independence on the occasion of 75 years of independence. During Amrit Mahotsav, the country has started a campaign so that all of you should know about our freedom fighters and the freedom struggle. You have to join this campaign. Find out 75 incidents related to the freedom struggle of your state. It can be of a person's struggle or associated with a revolutionary. Write these events in detail in your mother tongue. It will be better if you can write in Hindi and English.

Make it a year-round project and also get guidance from your teachers on how to do it digitally. Talk to your teachers, parents, grandparents and discuss with them what you can do.

Friends, Rabindranath Tagore has written:

"I slept and dreamt that life was a joy.

I awoke and saw that life was service.

I acted and behold, service was a joy."

See for yourself, when our desires, our goals serve the country, we get connected to millions of lives. So, you should have big dreams for the country. I am confident you will pass this exam with very good marks and you will go far in life. Therefore, study a lot, play a lot and have lots of fun. Send me your messages after the result. I will wait for it.

With these best wishes, thank you very much, all my young friends!

Many best wishes!

DISCLAIMER: This is the approximate translation of PM's speech. Original speech was delivered in Hindi.

Stay away from panic and not compare themselves to other students or friends: PM Modi

01 APRIL 2022

Namaskar to all of you! This is my favorite program but I could not meet you in person for some time due to Corona. Today's program is very special for me, because I got to meet you after a long gap. I don't think you would have any tension about the exams. Am I right? If it has to be then



it would be your parents who would be worried about your performance. Tell me, who is tense, you or your family. Those who have tension raise their hands. Ok. Still, there are students who are tense. Who are those who believe that their parents are tense? I think it is mostly the students who are tense. Tomorrow, the New Year, Vikram Samvat, is starting. The month of April is full of many festivals in our country. I wish you all the very best for all the upcoming festivals. But exams do happen in the middle of festivals and hence students are not able to enjoy the festivals. What if exams are turned into festivals? Festivals become very colourful. Therefore, the focus on today's program would be on how to create a festive atmosphere during exams, how to make them colourful and how do we approach the exams with enthusiasm. Today, we will



discuss these things. Many friends have also sent me questions. Some have also sent audio and video messages to me. The media colleagues have also raised many questions by talking to the students. I will definitely try to answer as much as I can within the time limit. This time, I am trying to do something different. The experience of the last five episodes is that some people have complained that they could not share their views. Today, we would like to discuss as much as we can within the time limit. Whenever I get time, I would try to answer the remaining questions through audio, video, or written texts on the NaMo app. There is a new experiment in the NaMo app with a micro site this time. You can visit it and make use of it. So, let's start the program. Who is the first to ask?

Presenter: Thank you, Hon'ble Prime Minister, Sir. Your inspirational and informative addresses always infuse positive energy and confidence.



We are all eagerly waiting for your vast experience and well-informed advice. Sir, we would like to start this program with your blessings and permission.



Hon'ble Prime Minister, Khushi Jain, a class 12th student of Vivekananda School in the historical city of Delhi and the capital of India, wants to ask you a question. Please ask your question, Khushi.

It's good that the program is starting with Khushi. We also want that there should be an environment of happiness till the completion of the exams.



Khushi: Hon'ble Prime Minister. Sir, my name is

Khushi Jain. I am a class XII student of Vivekananda School, Anand Vihar, Delhi. Sir, how do we prepare for exams when we are in a state of panic? Thank you.

Presenter: Thank you, Khushi. Sir, another class XII student, A. Sridhar Sharma, from Bilaspur, Chhattisgarh, which is rich in literary tradition, is also facing a





similar problem. He is eager to put his point before the Prime Minister. Please ask your question, Sridhar.

A. Shridhar Sharma: Namaskar, Hon'ble Prime Minister. I am A. Shridhar Sharma, class XII student of Arts of South East Central Railway Higher Secondary School No.1, Chhattisgarh, Bilaspur. Sir, how do I deal with exam stress? What would happen if I don't get good marks and grades and how should I deal with my family's disappointment?

Presenter: Thanks, Sridhar. From the land where the Sabarmati Sant Mahatma Gandhiji started his Satyagrah Movement, I invite Keni Patel, a class 10th student of Vadodara who earnestly seeks your guidance on similar challenges faced by her. Keni, please ask your question.

Keni Patel: Greetings Prime Minister Sir. My name is Keni Patel. I am from Tree House High School, Vadodara, Gujarat, and from Class 10th. My question is how to overcome the stress of completing the whole syllabus in advance with proper revision? And how to take proper sleep and rest during the examination time.

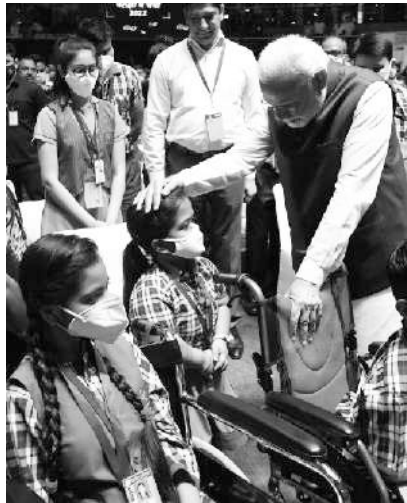


Thank You, Sir.

Presenter: Thank you, Keni. Hon'ble Prime Minister, Khushi, Sridhar Sharma and Kenny Patel are distressed by the examination tension. Many other students from across the country have asked similar

questions related to exam stress. Almost all students are affected by exam stress and they look forward to your guidance. Over to the Hon'ble Prime Minister!

Prime Minister: You have asked me so many questions at the same time that I am panicked. I want to ask why you have fear in your mind. Are you going to give exams for the first time? There is no one among you who is going to give exams for the first time. All of you have given so many exams. In a way, you have reached the end of this phase of the exams. The fear of drowning on the shore after crossing such a huge sea does not suit. Firstly, make up your mind that the examination is a natural part of life. These are small steps in our development journey that we have to go through. And you have overcome that stage when you have





given so many exams. In a way, you have become 'exam-proof'. And when you have this belief then your experiences become your strength for any future exam. Don't undermine the process of experiences that you have gone through. Secondly, is the panic not due to lack of preparedness? I have a suggestion for you. Since not much time is left for exams, do you want to live with this burden or want to move ahead with confidence regarding your preparations. Maybe, you would have missed a couple of things. What if you could not put in effort in one or the other subjects? But you should have full confidence in what you have prepared. It can overcome other issues. Therefore, I urge you not to be under this pressure. Do not let an environment for panic to flourish. You should have the same simple routine during your exam time. Changes in your routine will disturb your nature. Don't imitate what the other person is doing? Just because your friend follows that and scores marks, so you should also do the same. Don't do it. You follow what you have been doing for so long and have confidence in it. I am sure you will be able to give exams comfortably and enthusiastically in a festive



mood and will succeed.

Presenter: Thank You, Hon'ble Prime Minister Sir for teaching us to accept exams as a natural experience and to believe in ourselves. Hon'ble Prime Minister Sir, the next question comes from Mysuru, Karnataka, renowned for its heritage destinations and national parks. Tarun MB, who is a class 11th student, here, seeks a solution to his problem. Tarun, may we have your question please.

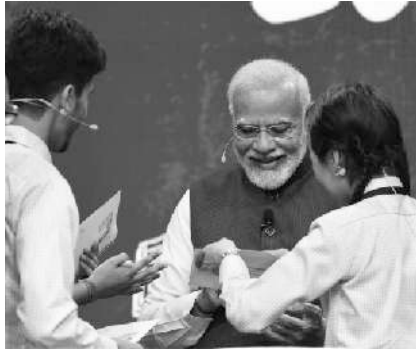
Tarun: Good Morning Sir. I am Tarun MB studying in class 11th at Jawahar Navodaya Vidyalaya, Mysuru, Karnataka. I express my sincere gratitude in being given an opportunity to participate in the 5th edition of Pariksha Pe Charcha 2022. My question to Hon'ble Prime Minister Shri Narendra Modi Ji Sir is how a student can be focused while studying in the morning because there are so many distractions like YouTube, WhatsApp and other social media apps. It is very difficult to study online because of this Sir. Is there any solution for this? Thank You, Sir.

Presenter: Thank you, Tarun. Hon'ble Prime Minister Sir,



Shahid Ali, a class 10th student of Silver Oak School, Delhi Cantonment Board, is eager to ask his question on a similar subject. Shahid, please ask your question.

Shahid: Namaskar, Sir. Hon'ble Prime Minister, myself Shahid Ali and I am a student of class 10th in Silver Oak School, Delhi Cantonment Board. For the last two years, we have been doing our online studies in the use of Internet. The use of Internet has made many of us addicted to social media and online gaming. What should we do to get out of this situation? Kindly guide us.



Presenter: Thank You, Shahid. Hon'ble Sir, Keerthana Nair, a class 10th student from Thiruvananthapuram, Kerala, is plagued by the same problem and expects to receive guidance from you. Sir, Keertana's question has been received



from Times Now. Keerthana, please ask your question.

Keerthana: Hi, I am Keerthana from Class 10th from Thiruvananthapuram, Kerala. As we all know our classes have shifted online during the pandemic. There is so much distraction in our homes in the form of mobile, social media etc. Sir, so my question is how can we improve the learning through online classes?

Presenter: Thank You, Keerthana. Hon'ble Sir, online education has challenged not only students but teachers too. Mr. Chandachudeshwaran M, a teacher from Krishnagiri, seeks guidance and direction from you. Sir, please ask your question.

Chandachudeshwaran M: Namaste, Hon'ble Prime Minister Sir. I am Chandachudeshwaran from Ashok Leyland School, Hosur, Tamil Nadu. My question is - As a teacher, conducting online teaching and learning has become a challenge. How to face it, Sir? Thanks.

Presenter: Thank You, Sir. Hon'ble Prime Minister Sir, Tarun, Shahid, Keerthana and Chanda chudeshwaran Sir are all anxious about the online education which has caused them to get addicted to and distracted by social media during the last two years. Hon'ble Sir, we have received many similar questions from different parts of the country. Out of those these are the selected ones that sum up everyone's concerns. I request you to please guide them, Sir.

Prime Minister: A question comes to my mind. You say that your mind wanders here and there. Ask yourself a little bit when you do online reading, are you actually reading or watching reels? I won't ask you to raise your hands. But you realize that I have caught you. Actually, the fault is not of being online or offline. You must have experienced that many times you are physically present in the classroom and your eyes are

on your teacher, but your mind may not be registering what the teacher is saying. Things which are offline are also online. It means that the medium is not the problem, but the 'mann' (mind). If I am attached to something, no matter whether the medium is online or offline, it does not make a difference. Modes change with time. There was no printing paper and no books during the days of Gurukul centuries ago. The students used to memorize by listening to their gurus. It continued for generations. Then came the new era and along with it there were printed material and books and students got into the new mode. This evolution has been going on continuously. And this is the characteristic of a human being that he is also part of the evolution. Today, we have easy and wide access to many things through digital gadgets and new technological tools. We should consider it an opportunity and not a problem. We should attempt to use online studies as a reward. If you compare the notes from your teacher and the standard material available online, you can add value to your studies. Besides remembering what your teacher taught you, you get two additional things online. If you combine the two, it will be very useful to us. The second advantage of online is that it is part of education. Acquisition of knowledge is important, not how you get it whether it's offline or online. Whatever knowledge you get through offline mode can be accentuated through online modes, whether it is your mobile phone or iPad. My friends from South India greeted me with 'Vanakkam'. If you are asked how Dosa is prepared. You will search online and find out about its ingredients and the process. You made the best of the Dosa on the computer, used all the ingredients, but would it fill your stomach? But the knowledge that you gained through your searches on computer and you prepared Dosa finally, then it

certainly would fill your stomach. So use online to strengthen your base. You have to make it a reality in life by going offline. The same is true of education. Earlier you had very limited means to acquire knowledge. You had books, teachers and your surrounding environment. There are unlimited resources today. You can adopt as much as you want to make yourself all-encompassing. Therefore, consider online an opportunity. But if you simply want to waste your time, then there are tools in that regard also. Every gadget has some tools which instruct you to do this or warn you against doing something, or ask you to take a break and return after 15 minutes. You can use such tools to discipline yourself. I have seen many children making maximum use of these tools online and restricting themselves. It is equally important to connect with yourself in life. The pleasure that one gets through iPads or mobile phones can be thousand times more if one tries to dig deep inside. Take some time off from your daily life when you will be neither online nor offline, but inner line. The more you go deep into yourself, the more energy you will experience. If you can do all this then I don't think you will have any problems.

Presenter: Hon'ble Prime Minister, you have given us the basic mantra that when we concentrate and do our studies, we will definitely succeed. Thanks Sir. Hon'ble Prime Minister, Ms. Suman Rani, who is a teacher from Panipat, Haryana, the main abode of Vedic civilization and Indus Valley Civilization, wants to put a question before you. Ms. Suman Rani Ma'am, please ask your question.

Suman Rani: Namaskar, Prime Minister Sir. I am Suman Rani from TGT Social Science, DAV Police Public School, Panipat. Sir, my question is how will the new education policy provide new opportunities to the

students in developing their skills? Thanks, Sir.

Presenter: Thank you ma'am. Sir, Sheela Vaishnav, a class 9th student of East Khasi Hills of Meghalaya, popularly known as Scotland of the East, wants to ask you a question on this topic. Sheela, please ask your question.

Sheela Vaishnav: Good Morning Sir. I am Sheela Vaishnav of Jawahar Navodaya Vidyalaya, East Khasi Hills, Meghalaya, studying in class 9th. My question to the Hon'ble Prime Minister is – How provisions of National Education Policy will empower students' life in particular, and society in general and pave way for Naya Bharat. Thank You, Sir.

Presenter: Thank You, Sheela. Respected Prime Minister, many more such questions have been received from across the country in regard to the new education policy and students say their interests lie in something else, whereas they study something different. What should they do in such a situation? Kindly guide us.

Prime Minister: A very serious question has been asked and it is difficult to answer it in detail in such a short span of time. First of all, instead of New Education Policy, we should say this is the National Education Policy. Many refer to N in NEP as New. Actually, this is the National Education Policy. And I liked that you asked this. It would probably be a world record in itself that so many people were involved in the policy making of education at such a level. We have been engaged in the making of this policy since 2014. There was brainstorming on this issue at every level, involving teachers and students from villages and towns and remote areas, from across the country for about six-seven years. A gist was prepared with all the inputs and a draft was prepared by the top scholars involved

in science and technology following serious discussions. The draft was again put up among people and about 15-20 lakh inputs were received. In a way, the education policy has come about after a comprehensive exercise. Whatever any political party or the government does, there are always voices of protest. But I am happy that the National Education Policy has been welcomed by every section of India and lakhs of such people who were involved in this exercise deserve congratulations. This policy has not been formulated by the government, but by the people, students and teachers for the future of the country. Earlier, physical education and training were considered extracurricular activities. Those in the fifth, sixth or seventh standard would know about it. Now it has been made a part of curriculum under this National Education Policy. Nobody can flourish without playing. Sport is essential if you want to flourish. It involves team spirit, strength and helps you understand your opponent. Whatever you learn about it in books can easily be learned in the field of sports. Earlier, it was outside our education system, it was considered an extracurricular activity. It has now gained prestige and you can see the changes in view of the renewed interest of students among sports. Though there are several things, I want to pinpoint one issue. Can we build the 21st century with the policies of the 20th century? I ask you all. Can we move forward to the 21st century with the 20th century approach, systems and policies? Tell me loudly.

Presenter: No, Sir.

Prime Minister: We can't make progress. Shouldn't we then mold all our systems and policies according to the 21st century? If we do not evolve ourselves, we will stagnate and will fall behind. Considerable time has been lost and the nation has suffered. We often see

that we are not able to pursue the education of our liking due to the wishes of the parents, because of the resources, or the facilities nearby. We simply follow a pattern due to pressure and prestige that we have to become doctors, whereas our interest lies somewhere else. Somebody may be interested in wildlife, painting, or technology, but chose medicine. Earlier, once you joined a particular stream, you needed to complete it. Now we have ensured that it is not necessary to complete a particular stream if you realize after one or two years that it is not meant for you. So now, the National Education Policy gives you the opportunity to select a new avenue with dignity. We know that the importance of skills has increased a lot all over the world. Only education and wealth of knowledge is not enough. There should be skill. Now we have made it a part of the syllabus so that one should get opportunities for his complete development. I felt very happy when I saw an exhibition today. The education department organized it in a small form reflecting the National Education Policy. I congratulate the education department officials as it was very effective. It was a pleasure watching students of eighth or tenth standard preparing 3D printers, or running Vedic Mathematics App and students from across the world learning from it. I was surprised to meet two sisters Nandita and Nivedita. There is a section in our country which opposes such things. But they have found their students all over the world. They themselves are students, but have become gurus. You see, they made full use of technology and were not afraid of technology. Similarly, I saw some sculptures and paintings which were visionary. It means that the National Education Policy is giving a lot of opportunities for personality development. In this context, I would tell you that if you follow the National

Education Policy closely and try to implement it, there will be multiple benefits. I request teachers, academics and schools across the country to develop new ways to implement it. If there are more methods, there will be more opportunities. I wish you all the best.

Presenter: Hon'ble Prime Minister Sir, now we are absolutely confident that the National Education Policy will redefine the meaning of education for us and our future is brilliant. We will flourish if we play. Hon'ble Sir, Roshni of Rajkiya Kanya Inter College in the industrial town of Ghaziabad seeks respected Prime Minister's help and guidance on certain issues. Roshni, please ask your question.

Roshni: Namaskar, Sir! Hon'ble Prime Minister, My name is Roshni and I am a student of class 11th in Government Girls Inter College Vijay Nagar, Ghaziabad, Uttar Pradesh. Sir, my question is whether students are afraid of exams or their parents and teachers? Should we take exams very seriously like our parents or teachers expect from us or just enjoy them like festivals? Please guide us, thanks.

Presenter: Thank you, Roshni. Kiranpreet, a class X student from Bathinda in Punjab, a prosperous state located in the land of Gurus, the region of five rivers, wants to ask her question on this subject. Kiranpreet, please ask your question.

Kiranpreet: Good morning hon'ble Prime Minister Sir. My name is Kiranpreet Kaur of class 10. I study in in Doon Public Senior Secondary School, Kalyan Sukha, Bathinda, Punjab. Sir, my question to you is how do I deal with my family's disappointment if my results are not good. I don't have negativity against my parents because I know they need more reassurances than I do. Thank you, Sir. Please guide me.

Presenter: Thank You, Kiranpreet. Hon'ble Prime Minister Sir. Like many of us, Roshni and Kiranpreet also find it a challenge to deal with the expectation of their parents and teachers. We look forward to your advice. Hon'ble Sir.

Prime Minister: Roshni, what is the reason that when you asked this question, there was maximum applause? I think you have not asked the question for the students, but cleverly for the parents and the teachers. And I think you also want me to tell something to the parents and teachers of everybody from here so that it can be useful to all. It means that there is pressure on you from your teachers and parents and you are confused whether you should follow yourself or them. I would like to urge the parents and teachers not to impose your unfulfilled dreams during your childhood on the children. In a way, you try to inject your own dreams and expectations in your children. The child respects you and gives a lot of importance to the words of the parents. On the other hand, the teacher encourages him to do according to the tradition of the school. It is a matter of great concern for the child who has to go through confusion and contradictory signs. In the olden days, the teachers were in contact with the family. The teachers knew everyone in the family and they were also familiar with what the family thought of their children. Parents were aware of the ways of the teachers. In a way, everyone used to be on the same platform as far as education was concerned whether in school or at home. What happens now? Parents do not have time to find out what the child does throughout the day and teachers are more concerned about completing the syllabus. They teach well, but they think that their responsibility is to complete the syllabus. But the child has different plans. Therefore, as long as the parents

and teachers don't observe the child's strengths and weaknesses, his interests and his tendencies, his expectations and his aspirations closely and not try to understand him and push him unnecessarily, he stumbles somehow. Therefore, I, on behalf of Roshni, would like to tell all the parents and teachers to avoid burdening the child with your hopes and expectations. Every parent will have to accept that the child may not fit in as per your expectations, but God has sent him with special powers. It is your fault that you do not recognize his potential. It is your fault that you are not being able to understand their dreams and as a result, it creates a distance between you and your children. And I don't advise the children not to pay heed to their parents or teachers. This is not the right advice. You have to listen to them and try to understand what they say. But we should accept those things which we can adopt easily. See, the land also seems lifeless. If you sow a seed, perhaps nothing will come out of it, but if you sow another seed on the same land, it may sprout and turn into a big banyan tree. It all depends on the seed and not the land. Therefore, you know what you can adopt easily and can move ahead. Put all your efforts in that direction and you will never feel burdened. You may have problems initially, but the family will start taking pride in it later. The parents will also realize that their child has done really well and made their name. They will praise you when they sit among four people. Until yesterday who did not recognize your strength will start praising your potential. And thus, if you move ahead happily and enthusiastically, fulfilling minimum requirements and adding more to your potential, you will benefit a lot.

Presenter: Respected Prime Minister, you have given new impetus to the interests and aspirations of the

children amidst the hopes and expectations of their parents and teachers. Thank you very much. Hon'ble Prime Minister Sir! From the culturally rich city of Delhi, Vaibhav, a class 10th student of Kendriya Vidyalaya Janakpuri, earnestly seeks your counsel regarding his problem. Vaibhav, please ask your question.

Vaibhav: Namaskar, Prime Minister. My name is Vaibhav Kanojia. I am a student of class 10th. I study in Kendriya Vidyalaya Janakpuri. Sir, I have a question -- how to stay motivated and succeed when we have so much backlog of curriculum?

Presenter: Thank you, Vaibhav. Hon'ble Prime Minister, not only children, our parents also want you to solve their problems. Sujit Kumar Pradhan ji, who is a parent from Jharsuguda, Odisha, expects guidance from you in this matter. Mr. Sujit Pradhan ji, please ask your question.

Sujit Pradhan: Namaskar, Prime Minister. My name is Sujit Kumar Pradhan. My question is how to motivate children to complete their curriculum? Thank you.

Presenter: Thank you, Sir. Hon'ble Prime Minister, Komal Sharma, a student of class 12th from Jaipur, Rajasthan, rich in architecture and painting, wants you to solve her problem. Komal, please ask your question.

Komal: Namaskar, hon'ble Prime Minister. Sir, my name is Komal Sharma. I am a class 12 student of Government Girls Higher Secondary School, Bagru, Jaipur. My question to you is how to console my classmate who did not do well in one paper?

Presenter: Thanks, Komal. Hon'ble Prime Minister Sir! Aron Eben, a class 10th student of Qatar, is overwhelmed by a similar problem. Aron, please go ahead and ask your question.

Aron: Namaste Sir. Greetings from M.E.S. Indian

School, Doha, Qatar! My name is Aron Eben of class 10th. My question to the hon'ble Prime Minister of India is how to stop myself from procrastinating and how to keep away my exam fears and the sense of lack of preparation.

Presenter: Thank you, Aron. Hon'ble Prime Minister Sir, Vaibhav, Mr. Pradhan ji, Komal and Aron are eager to gain from your wisdom on how to handle the problem of lack of motivation and how to remain committed to academics. Also, many other students from all over India want to know how to ensure that they participate equally in extracurricular activities so as to be well-integrated individuals. Kindly guide all of us, Sir.

Prime Minister: It will be a big mistake if somebody thinks that there is any injection for motivation and if they inject it then there will be no issue of motivation. Try to observe yourself and find out the things which de-motivate you. After observing for a day, week or a month, you will realize what is difficult for you. It is very necessary to understand yourself. Similarly, you try to identify things that motivate you. Suppose you heard a very good song and are impressed by its music and lyrics. You feel it can also be a way of thinking. After that, you start thinking afresh. Nobody told you, but you prepared yourself. You identified the thing which motivates you and then you will feel like doing that. Therefore, it is necessary to analyze yourself. Don't look for somebody else's help. Don't tell somebody repeatedly that your mood is not good or you are not enjoying. What will happen is that a weakness will develop in you and you will try to gain sympathy. You will expect the same sympathy, encouragement from your mother. Ultimately, that weakness will develop in you gradually. You may have some good moments, but never ever try to gain sympathy. Don't ever! You

should have this trust in yourself that you will fight your problems and despair in your life yourself and will bury all your melancholy and apathy in the grave. Secondly, we draw inspiration by observing some things. For example, you have a two or three-year-old child in your family and he wants something, but finds it difficult to reach there. You notice him from a distance. He will try, will stumble, will get up again and try again. In fact, he is teaching you that it may be difficult for him to reach there, but he will not stop in his efforts. Did anybody teach this motivation to him in school? Did any Prime Minister explain to that two-year-old child? Did anybody tell him to stand up again and run? No! God has given an inherent quality to all of us, which becomes the driving force for us to do something or the other. You must have noticed a Divyang person who finds his own ways for his day-to-day activities and does extremely well. Did we minutely observe him that despite so many deficiencies in his body, he did not give up and turned his shortcomings to his strengths. You will also draw inspiration if you observe him. We should try to observe our surroundings in a positive way and overlook his weaknesses. We should observe minutely how he has overcome his shortcomings. You then co-relate yourself with him and will find that God has made you an able-bodied person, so why should you be downcast. Secondly, do you ever take your own exams? You should take your exam yourself. Why should someone take your exam? I have written somewhere in my book 'Exam Warriors' that you should sometimes write a letter to Exam. "Hi, Dear Exam, I have made this much preparation, I have made so many notes, sat with my teacher for several hours, spent this much time with my mother and have learned so much from my neighboring student. Who are you to challenge me and take my exam? I will

take your exam. Let's see who overpowers whom." Do it sometimes. Sometimes, you feel that what you are thinking is wrong. You do this. Develop a habit of replaying once. If you do so, you will get a new vision. For example, you have learned something in your classroom. Later, sit along with your three-four friends and explain to them what you learned in the class. The same process should be repeated by your friends. Each and everybody will share what he learned in the class. Then all of you will realize that we missed out on one point, but one of your friends grasped it. When all of you will replay the class without any books and through discussions, you will be able to memorize it automatically. You must have noticed this. When any big incident happens, then TV journalists thrust the mike in front of a political leader and he tries to avoid them. Some people need to be prompted. On the other hand, there is an accident and TV journalists ask for a reaction from a village woman. She doesn't even know about TV. But you see, she narrates the entire incident confidently. How? Because, she absorbed everything that she saw and was able to replay the entire incident. Therefore, I believe that if you engage yourself with an open mind, disappointments can never knock on your door.

Presenter – Hon'ble Prime Minister Sir, Thank You for giving us the mantra to think, observe and believe. Howsoever tall the summit, we assure you that we will never give up. Hon'ble Prime Minister, Anusha Yadav from Khammam, Telangana, who is a student of class 12th, famous for her art, culture and traditions, wants you to answer her question. Anusha, please ask your question.

Anusha - Hon'ble Prime Minister, Namaskar. My name is Anusha. I study in class 12th in Government Junior College. I am from Khammam, Telangana. Sir, my

question to you is - when teachers teach us, we understand the concept at that time. But after some time or a few days, we forget it. Please help me regarding this. Thanks, sir.

Presenter – Thanks, Anusha. Sir, we have received another query through the NaMo App. The questioner Gayatri Saxena wants to know, that often while writing the exam in the examination hall, she forgets the topics she had studied and memorized. However, while talking to her peers before or after the exam, she has the right answers in mind. What should be done to deal with such a situation? Sir, questions like these asked by Anusha and Gayatri Saxena related to memory power are also bothering several others. Kindly guide them in this direction, Hon'ble Prime Minister sir.

Prime Minister - Perhaps this becomes a problem for every student at some point or the other. Everyone feels like they are unable to recall or have forgotten a concept. But sometimes out of nowhere, these concepts start flowing out of your minds at the time of exams. After the exam, you would wonder - 'I had never touched this subject recently, yet I wrote a pretty good answer to this unexpected question. It means it was stored somewhere. You didn't even realize it, but the answer was stored inside your mind. And it was stored because the doors of the cupboard (mind) were open when the concepts were being filled. If the cupboard was closed, no matter how much you tried, nothing would have gone inside. Sometimes the word 'Dhyana' is associated with Yoga, Meditation, Himalaya, Rishi-Muni. I have a very simple understanding; 'dhyana' means 'focus'. If you are here but are thinking about whether Mom is watching TV at home right now, it means you are not present here at the moment. You are at home. Your mind is occupied

with the thoughts of whether Mom is watching TV or not; Is she able to see me or not? Your attention should have been here but your attention is there, which means you are focus-less. If you are here, you are focused. If you are there then you are not focused. So, embrace focus and concentration with ease in life. This is not rocket science; you don't have to go and sit in the Himalayas holding your nose to embrace it. It is very simple. Just try to live that moment. If you live that moment to the fullest, it becomes your power.

You must have seen several people drinking tea in the morning and reading newspapers simultaneously. Suddenly family members would say- the water is heated, quickly go and take a bath. But the person says- 'No, I want to read the newspaper'. Then they would say - the breakfast is hot, finish it before it turns cold. Yet the person would say – 'No, I want to read the newspaper'. But go and ask these people in the evening about what they had read in the newspaper that day. I can certainly say that 99% of the time they would not be able to answer what the day's headline was in the newspaper. It is because the person is neither focused nor living that moment. He is merely turning the pages just like a habit. His eyes are reading things but nothing is getting registered. And if nothing is getting registered, then nothing is going to the memory chip. Therefore, the foremost requirement for you is to do everything by being present in the moment. And I believe that the greatest gift of God to this creation if someone asks me, is the gift of 'present'. The future is never a question mark for the one who is able to know this present, live this present and imbibe this present. And the reason for lack of memory is 'not living in that moment. And because of that, we lose memory.

Secondly, memory is related to life. If you think that

it is important only for the exam, then you do not understand its value at all. Suppose, you remember the birthday of your friend and call him on his birthday; you had that memory because of which you remembered his birthday. But that memory becomes the reason for making your life broad-based when that friend gets the call because he would be thinking - 'oh wow! He remembered my birthday. That means I have importance in his life. He becomes your friend for life. What was the reason for that? It was your memory. Memory is a major catalytic agent of growth in life. And that's why we should not limit our memory only to examinations, questions and answers. You go on expanding it. The more you expand, the more things will automatically keep adding up.

Here's another example. Take two utensils. Fill water in both the utensils and place a coin each inside both. The water is pure and clean. In both cases, there is the same type of water, the same type of vessels with the same type of coin. But one of the vessels is shaking. So, the water is also moving here and there. The other vessel is stationary. There is a coin at the bottom of each vessel. You will see that the coin with still water looks perfect to you; even the thing written on it can be easily read. But the coin in the water which is moving is not properly visible despite being of the same size and depth as the former. What is the reason? It is because the water is moving. The vessel is shaking. If the mind keeps on moving like this and we expect to see the 'coin', that is not going to happen. You must have seen that the problem you face in the exam hall is that you keep on thinking about the person sitting next to you. 'He is not even looking up; he keeps on writing; now I will be left behind...' That is, the mind is focused on these things. Your mind is making so much commotion that you fail to see the 'memory'

which is the 'coin' inside your vessel. For once, try to stabilize the mind. If you are facing a problem in stabilizing the mind, then try deep breathing. Take deep breaths three to four times. Sit straight, close your eyes and stay still for a while. As soon as the mind becomes stable, it starts looking for the coin. Everything inside your memory starts resurfacing gradually. And it is not that God has given some extra energy to the one with better memory. The internal product of all of us has been created by God in the best possible way. It depends on what exactly we are reducing or increasing. So, you can do this very easily.

For those of you who know the old scriptures; a few things are also available on YouTube. There are some centenarians who could remember a hundred things at once. Sometimes these things used to be a great trend in our country. So, you can trend it too. But I am not going to take you in that direction today as you have exams around the corner but I would say - keep your mind steady. You already know the things; these will start flowing out of your mind automatically; you will start remembering them and that will become a huge strength for you.

Presenter - Hon'ble Prime Minister, the loving simplicity with which you taught us the method of 'focusing', certainly everyone's mind has been enlightened like mine. Thanks, sir. Hon'ble Prime Minister, a class 10th student Shweta Kumari from a state rich in mineral resources and a beautiful tourist destination, Ramgarh, Jharkhand, wants you to answer her question. Shweta, please ask your question.

Shweta - Hon'ble Prime Minister, Namaskar. I am a class 10th student of Kendriya Vidyalaya Patratu, Shweta Kumari. I want to ask you a question. Productivity in my studies is the highest during the night

but everyone asks me to study during the day. What should I do? Thank you.

Presenter - Thanks Shweta. Respected Prime Minister, as per the Question received through the NaMo App, Raghav Joshi has a strange dilemma. Parents always ask him to study first and then play sports. But for him studying after playing helps him understand things better. Please explain to Raghav and Shweta as well as many students like them what they should do so that their productivity is the best. Kindly solve our dilemma, Hon'ble Prime Minister sir.

Prime Minister - It is true that everyone wants their time to be utilized properly. One should get the highest benefit from the work for which he/she has devoted the time and this is a great thought. And it is necessary to always try to see consciously whether we are getting the results out of the time we are spending or not. The output will be visible but the outcome will not be visible. Therefore, first of all, one should inculcate a habit to measure the outcome received for the time invested. Now we can calculate it and we should inculcate this habit. Ask yourself; today I have spent an hour on mathematics. So, was I able to complete what I was supposed to in that one hour? Am I comfortable with the questions I used to find difficult or not? That means my outcome is improving. We should make a habit of doing these analyses. Very few people get used to analyses. They keep on completing things one after the other; they go on doing it and later realize that some other topic needed more attention and the completed topic didn't need much attention. Sometimes what happens is, that we keep coming back to those topics in our own timetable that are the simplest and most favourite. We feel like doing that topic as it is more fun. As a result, we try to avoid the less favourite ones or a

bit difficult ones.

I might not be putting it in the right way but for the sake of simplicity, let me explain it to you like this. Sometimes I feel like my body is a cheater. You decide how you want to sit. You won't even realize how your posture changes after a while. It means your body is cheating on you. You have decided with your mind that you want to sit in one particular way but after a short while, your body becomes loose. The body gets moulded to its original posture. Then you would try to change your posture again but it would return to its original form again. This means, that just as this body is a cheater, the mind also cheats in a similar way. So we should try to avoid this cheating. Our minds should not become a cheater. How do we fall for the things that our mind likes? Mahatma Gandhi used to talk about Shreya (what must be done) and Priya (what is liked by us). One tends to incline towards the 'Priya' instead of the 'Shreyaskar'. We should stick to 'Shreyaskar'. It is extremely important. And if the mind tries to cheat by going in the opposite direction then drag it back. That will raise your productivity and your outcome. So, efforts should be made for the same.

Secondly, some people say that it is good to study at night; some say that it is good to study in the morning; some say eating and studying is better whereas some say that studying on an empty stomach is better. It depends from person to person. It is an individual's nature. You observe yourself and decide what are you comfortable with. You should be comfortable. If you're not comfortable with an area, sitting posture etc, you probably won't be able to do the task. There are some people who are able to sleep only in a particular setting. I still remember the movie I had watched several years ago. In one of the scenes, a person spends his life near a slum and then suddenly

moves to live in a better place. He gets lucky but is unable to sleep. He starts wondering why he couldn't sleep. Then he goes to the railway station, records the sound of the train moving on track and brings it home. He plays the recording and that is when he gets some sleep. That was his comfort. Now it doesn't happen to everyone. Not everyone needs to hear the sound of the train to get sleep but he felt that need. It was his comfort.

Don't take any stress at all. You need minimum adjustments for the things you enjoy doing. There is no need to leave that path, but even in that comfortable state, your task is to study. You should work on the maximum outcome. There is no turning away from it at all. And I've seen how people are. Sometimes we hear that a person works for 12 hours, 14 hours, or 18 hours... It sounds good to the ears. But actually working 18 hours a day is something big and I received a very important lesson in my life. When I was in Gujarat, there used to be a great scholar named Keka Shastri Ji. He himself had studied only up to the fifth or seventh standard, but he had written myriad books and was also honoured with the Padma Award. He lived for 103 years and when I was there, I had organized an official government programme for his centenary. I had a very close relationship with him; he used to have a great affection for me. Several years back, when I was not even the Chief Minister, we made a programme to take him to the pilgrimage centres of Rajasthan. So I took him there. We were all in a vehicle. I noticed that he had very little luggage. Even in that luggage, he mostly had things to read and write. Whenever a railway crossing arrived, we had to stop. The door would not open until the train passed. We could not move. Now, what do we do at that time? Normally we either get down and walk around or have snacks. That

is how we spend our time. But he would pull out a paper from his bag and start writing immediately. At that time, his age was almost 80. That is how we utilize our time. That is called an outcome. I was watching him so closely. And during the pilgrimage, he was relaxing, walking, roaming around and looking around. Everything else was kept aside. So, keep on doing your work under any circumstances. I think it is extremely necessary. There is much to be gained from this in life.

Presenter – Hon'ble Sir, Thank You for making us understand the importance of self-analysis and that we should learn joyfully for rising to excellence. Hon'ble Prime Minister Sir, Erica George, a student of class 9th from the beautiful lush green land with eucalyptus forest i.e. Udhampur, Union territory of Jammu & Kashmir, seeks your guidance. Erica, please ask your question.

Erica George- Honorable Prime Minister Sir, I am Erica George, 9th standard student, from APS Udhampur, Jammu & Kashmir. Sir the question that I want to ask is, nowadays there is a lot of competition, especially in academic fields in a country like India. In this case, there are a lot of people who are really very talented and knowledgeable. But due to some reason, they could not appear for the exams. Maybe they could not choose the right path or maybe they did not have the proper counselling. So Sir, in this case, what can we do for these people, so that their talent doesn't go to waste and instead can be utilized in a fruitful manner? Thank You, Sir.

Presenter - Thank You, Erica, Hon'ble Prime Minister Sir, Hariom Mishra, a class 12th student from industrial hub Gautam Buddha Nagar is preparing for his board exams and wishes to ask a similar question that has

been invited by a competition organized by Zee TV. Hariom Please ask your question.

Hariom – Namaskar, my name is Hariom Mishra and I am a student in the 12th class from Cambridge School Noida. My question to the Prime Minister today is that a lot of changes have been brought in the admission process in the college this year and this year a lot of changes have been brought in the pattern of the board examination. So in the midst of all these changes, should we students focus on the board examination or on the process of college admission? What should we do, and how should we prepare ourselves?

Presenter – Thank You Hariom. Honourable Prime Minister Sir, Just like Erica and Hari Om, many students from different parts of the country have expressed their anxiety and concern about whether to focus on studies, competitive exams, board exam preparation or college admissions. We all seek your guidance Honorable Prime Minister Sir.

Prime Minister - Well there are two different types of questions. One subject is related to competition while the other is regarding which exam to appear for and if there are two exams at the same time then what should a student do? I do not believe that you should 'study' for the exam. That's where the mistake lies. 'I will study for this exam, then I will study for that exam', which means you are not studying, you are looking for a panacea to make your work easier. And probably that's why each exam appears different and difficult. But the fact is that whatever we are studying, if we completely assimilate it, then whether it is a board exam or an entrance exam or an interview or an exam for a job, it will not be a problem for you. If you have fully understood and imbibed your knowledge, then

whatever the form of the exam is, nothing would become a hindrance. So instead of wasting your time preparing for an exam, put your efforts into making yourself a qualified and educated person; work hard to become a master of the subject. Don't worry about the result. Now you must have seen a player. A player is well versed in the game. He is not putting the effort just for a particular level of the game to be played. When he plays at the Tehsil level, he will show his feat there, When he plays at the district level, he will show his feat there, When he plays at the National level, he will show his feat there and when he plays at the International level, he will show his feat there. And he will continue to evolve himself. That's why I believe that we should come out of the cycle of taking different 'pills' for different exams. Instead, go with the attitude of 'I am going to take the exam with whatever knowledge I have. If I pass the exam then nothing like it; if not, I will find some other way'. So I believe this should be the attitude.

Secondly, friends, we should consider 'Competition' to be the greatest gift of life. If there is no competition, then what is life for? Then we will be complacent with life. There won't be anything else, just us. It should not be the case. To be honest, we should invite the competition. That is when we are tested. I would say that even if it is a holiday, there is nothing to study, there are no exams, yet the brothers and sisters must sit and compete. The competition can be about eating. If you eat four chapatis, I will eat five; if you can eat five, I will eat six. Get into a competitive mode. We should invite competition in life. Competition is a good way to move forward in life, which helps us to develop ourselves.

Then, the generation I belong to or the generation my parents belong to, did not have the things that you

have now. You are the lucky generation. None of the previous generations was as lucky as you. If the competition is high, the choice is also more; opportunities are countless. There were not so many opportunities previously. Let's say there are two farmers. Both of them have two acres of land. But the first farmer is happy making a living by cultivating sugarcane. He is surviving with that. Whereas the other farmer says - a no-no, I will sow different crops in the three different parts of the land. I did that last year, so this time I will do this differently. You will see that the one who is surviving while sitting comfortably on his two acres of land, life comes to a standstill. One who takes risks, tries out different experiments, undertakes new things and adds new things goes so far that he becomes unstoppable in life. The same is true in our lives. We should be proud that we are proving ourselves in the midst of so much competition and we have several choices. If not this competition then there is some other competition, if not that competition then there is the third one. If something is not working out, then there is another alternative. I think we should consider it as an opportunity. And if you have the attitude of 'I will not miss this opportunity; I will never let go of this opportunity, I am sure that you will embrace the competition as the biggest gift of this era.

Presenter - Hon'ble Prime Minister, you have inspired us to imbibe knowledge that can lead to success in life. Thank you Respected Prime Minister. Ms Seema Chintan Desai, a parent from Navsari Gujarat, would like to place a question before you. Madam, please go ahead.

Seema Chintan Desai - Jai Shri Ram, Prime Minister Modi Ji, Namaste. I am Seema Chintan Desai from Navsari, a parent. Sir, you are the icon of so many

youngsters and the reason is that - You don't just speak, you show it by putting your words into action. Sir, I have a question. There are various schemes going on for the girls of rural areas in Indian households. How can our society contribute to its progress? Kindly provide your guidance. Thank you.

Presenter - Thank you, madam. Sir, Seema Chintan Desai Ji is concerned about the education of the girls in rural areas and wants to know about your views in this direction, Hon'ble Prime Minister.

Prime Minister - Well I believe the situation has changed a lot. In earlier times when it came to education, parents felt that their sons should be educated. With their limited resources, they used to think that if the son received an education, he could earn something for the family. Sometimes some parents also used to say - 'why get the daughter educated? She wouldn't be doing any job. She would go to her in-laws' house and live her life. There was a period when this mentality was prevalent. Probably even today in some villages, this kind of mentality would have survived somewhere, but by and large today the conditions have changed and if the society lags behind in knowing the capability of the daughters, then that society can never progress. Sometimes you must have seen such families, where it would be said that a brother, a son must be there so that they could provide the required support in old age. A daughter, on the other hand, would go to her in-laws' house. What is the use? There is still such a mind-set that exists in our society. History has experienced these things. Now I look at these things very closely. I have seen many such daughters who did not marry as they were concerned about the old age of their parents and spent their lives in the service of their parents. Daughters have done what the sons

couldn't do. And I have also seen such families that have four sons in the house; the four sons have four bungalows. They have a life full of happiness and peace; they have never known any sorrow. But the parents are living their lives in an old age home. I have also seen such sons. That's why the foremost thing to remember is that sons and daughters are equal within society. There is no discrimination. This is the necessity of today's era and the necessity of every era. And there have been some distortions in India. There must have been some reasons for the same. But this country can feel proud. If we talk of governance, there was a time the name of Ahilya Devi would come to mind as the Best Governance. When it came to bravery, the name of Rani Laxmibai of Jhansi used to come to mind. They were our daughters! That is, no era will be like this and here, daughters have shown us the store of scholarly knowledge in them. Firstly, we have our own mind-set. Secondly, the situation has changed today. Today, you will see that the number of daughters who are joining the schools is more than that of the sons. This is the fresh statistics. Today, the daughters have aspirations. They have the passion to do something. Perhaps any Indian should be proud of it. So, we should give them opportunities and institutionalize the opportunity. Not that just a single-family is doing it in its own way. Today, be it any type of sport; the daughters of India are bringing accolades to the nation everywhere. Look at the field of science. Of all the major achievements in science, more than half of it has come from our daughters. They have done something or the other in the field of science. Now, look at the results of the 10th-12th class. Daughters score higher than sons. The number of girls passing out is more. So today, a daughter has become a major asset for every family. She has become a huge power in the family and this change is

good. The greater this change, the more beneficial it will be. Now you see, the questioner belongs to Gujarat. There is a strong Panchayati Raj system in Gujarat. 50 per cent of the elected candidates are sisters. There is 50 per cent in law and order. But actually, after the election, the number of women elected is sometimes 53 per cent - 54 per cent and even 55 per cent. That is, although she wins from her reserve seat, sometimes the percentage goes up to 55 per cent by winning from the general seat as well while the men come down to 45 per cent. This means that the faith of the society has also increased in the mothers and sisters. That is why they are chosen as a public representative. Today as we are celebrating the 'Azadi Ka Amrit Mahotsav', the Parliament of India has the highest number of women MPs of the period to date. And it is also being seen that in the villages, people like to choose the educated daughters more as their representatives. If there is a fifth class passed sister, then people would choose the 7th class passed; if she is eleventh class passed, people would elect her as the representative. That is, the sense of respect for education is visible at every level of society as well. Today you look at the education field. Perhaps there is a possibility of demand coming from men at some point or the other. I am not showing any way to anyone. But there could be a possibility of men carrying out processions demanding a percentage of reservation for teaching jobs because most of the teachers today are our mothers and sisters. A similar trend is visible in the nursing sector. It demands the spirit of service and motherhood. India's nursing field is increasing India's pride around the world. Even in the field of policing today our daughters are coming forward in huge numbers. Now we have daughters in NCC, Sainik Schools, the Army and in every sphere of life. And all these things are getting institutionalized. I

urge society to not differentiate between sons and daughters. Give equal opportunities to both. And I say, perhaps with equal investment and opportunity, the daughters might as well be one step ahead of the sons.

Presenter: Hon'ble Prime Minister, daughters are the glory of a home, society and nation. Their aspirations have got new wings by your inspiration, thank you. Hon'ble Prime Minister Sir, we are privileged and blessed to have received first-hand insight and inspiration from you today. Keeping in mind your valuable time I now invite the two final questions. Dumpala Pavitra Rao a class twelve student from Kendriya Vidyalaya Sector-8, R.K. Puram, New Delhi is curious to know the answer to her question. Pavitra Rao, kindly ask your question.

Pavitra Rao: Namaskar Prime Minister sir, I am Pavitra Rao, a student of class 12th from Kendriya Vidyalaya, Sector-8, R.K Puram, New Delhi. Hon'ble Prime Minister, as India is moving forward on the path of progress, what other steps should our new generation take to maintain it? With your guidance, India has become clean; but what should the next generation contribute to its environmental protection? Please guide, thank you, sir.

Presenter: Thank you Pavitra. Sir, Chaitanya Lele, a student of class 11th from New Delhi would like you to answer another similar question arising in his mind. Chaitanya, please ask your question.

Chaitanya: Pranam, Hon'ble Prime Minister sir. My name is Chaitanya. I am a class 11th student of DAV school. My question to you is how can we make our environment cleaner and better? Thank you.

Presenter: Thank you Chaitanya. Hon'ble Prime Minister Sir, the youth of India just like Pavitra &

Chaitanya want to breathe in a clean & Green India, a dream close to your heart. We all wish to know how to keep India & our environment pristine and perfect in every sense of the word. We all look forward to your guidance, Sir.

Prime Minister: Well this topic is not related to the discussion on examination. But just like a good environment is needed for exams, the earth also needs a good environment. And we are the people who consider the earth as our mother. First of all, I would like to thank the children of our country from the bottom of my heart for giving me the opportunity today. When I had become the Prime Minister for the first time, on 15th August, I had spoken from the ramparts of Red Fort. After my speech, most of the people had raised several questions. Modi Ji has said it but is it even possible? At that time, I had talked about cleanliness. It was also a bit surprising for the people that the Prime Minister of the country who should have talked about space, foreign policy or military power was talking about cleanliness? Many were surprised. But the ones who have proven all the doubts & apprehensions to be wrong and have made my idea of cleanliness a success are the boys and girls of my country! Wherever we have reached today in this journey of cleanliness; I would like to give the maximum credit to the boys and girls of my country for it. I have heard hundreds of such instances where 5 or 6-year-old children have interrupted their grandparents 10 times a day saying - 'Modi Ji has asked not to throw it here. Don't throw it here. Modi Ji will not like it. This is massive power, and probably being from the same generation, you have asked the question in the same spirit. I welcome your question. It is true that today the whole world is very upset about the environment due to global warming. And the root

cause of this problem is the misuse of our resources. We have ruined the arrangements God has given us. If today I am drinking water, or if I have access to water; if I am able to see a river somewhere; if I am standing under the shade of some tree; I have no contribution to that. This is what my ancestors had left for me. My ancestors have given me the things I am consuming today. Shouldn't I too leave something for the future generations or not? If I don't save, what will I give them? So, just as our ancestors have given us, we too must fulfil our responsibility by accepting the responsibility of giving it to our next generation. This is our duty. Now, this cannot be successful by just a government programme alone. Suppose I say that 'single-use plastic' should be avoided. We agree and discuss this in our family that single-use plastic should be avoided. Then a wedding card arrives at home. It has a very beautiful plastic wrapper on it. We take it out and throw it away. Now, this action is the opposite of what we were discussing. So how can we inculcate it in our daily habits? If you decide that at least in your family, single-use plastic will not be allowed at any cost in your house; this is how we are helping out the environment. And if all the children of the country start following this, then nothing like it. You must have seen that I was organizing a cattle health fair in Gujarat. When I was the Chief Minister and used to organize animal health fairs, I used to get the dental treatment of animals done in Gujarat. Some animals used to have cataracts and were treated. Some animals had to be operated on. So I saw a cow that had at least 40 Kg of plastic in its stomach. Now, this is an act against humanity. This feeling should arise in us. Normally it feels good to carry a light plastic bag which is then thrown away. We now have to escape from that 'use and throw' culture and embrace 'reuse, recycle. And this is not something new in India; we have had this

habit in the family for years. The more resources we use the more damage it will cause to the environment. On the other hand, the more optimum utilization of the resources is made, the better we will protect the environment. Look at our electronic gadgets today; they are also becoming a problem for the environment. You must have seen that the Indian government has just rolled out the scrapping policy to end the old vehicles which create pollution. One can earn some money from it and then get a new car. A lot of work is going to be done in that direction as well. In the same way, we know the importance of water, plants and nature. Are we sensitive to it? To imbibe this spirit of sensitivity towards the environment, this should become our true nature. You must have seen that in COP-26 I had put forth a topic. There was a conference in the UK. I had said that lifestyle is a problem and that 'mission life' was required. And I had coined the term there for 'mission life' which is 'Lifestyle for Environment'. If we are young, there is a four-storey house building, then why use a lift? Let's try to use stairs. It will benefit both our health and the environment. We should try to bring these small changes into our lives. And that's why I had said that we need to run the P-3 movement around the world- Pro-Planet-People. If more and more people join this P-3 movement and try to make conscious efforts in this direction, then I believe we will be able to bring changes. Secondly, the country is celebrating the 'Azadi Ka Amrit Mahotsav', 75 years of independence. The present generation has 25 years till the country celebrates its centenary. That is, you have 25 years of your life. It is for you. What should be your contribution in these 25 years so that our country reaches that place where we can proudly celebrate the centenary of the country by keeping our heads high in front of the world? We must dedicate our lives to it. And a simple

way out of this is to emphasize on duty. If I fulfil my duties, I am protecting someone's rights. It means the person will never need to go out demanding his rights. The problem today is, that we do not perform our duties. That is why someone is fighting to protect his rights. No one should fight for his/her rights in our country. This is our duty and we can fulfil the duties by complying with our duties. If we perform the duties, we fulfil the responsibilities that we have. Now see, people around the world discuss these things going on in our country. Some people are afraid that Modi will take credit for good initiatives; Modi will be hailed; so they hesitate a bit. But during the vaccination programme for school children, the speed with which children in our country took the vaccine is really commendable. Those of you, who have been vaccinated, raise your hands. Has everyone been vaccinated? No one around the world can dare to ask such questions. The children of India have also shown this. It means, we have performed our duty. Performing this duty has become the reason for India's pride. Similarly, if our country is to progress, if we want to protect nature and our environment, then we must fulfil our duties consciously. If we do that, I am sure we can get the desired results.

Presenter: Pariksha Pe Charcha 2022 by the Prime Minister has transformed the stress and discomfort of crores of children, teachers and parents like us into a wave of enthusiasm, hope and hankering for success. We are extremely grateful, Honourable Prime Minister! We are extremely grateful for your golden speech. This brings us to the end of this splendid morning of inspiration and encouragement of moments that will forever stay in our reminisces. We express our heartfelt gratitude and thanks to Hon'ble Prime Minister Sh. Narendra Modi Ji for having spared his valuable time

to be here with us and for inspiring us with his magnetic persona. Thank you so much, sir.

Prime Minister: All of you, announcers, kindly come here, call everyone. Some of you can be here and some there. Look, first of all, today, I want to congratulate these people. All of them have conducted everything in such a wonderful way. There was no lack of confidence anywhere. You too must have also observed closely. I too was observing. You all have the same talent. Everyone sitting here has that ability. I would say that if we really want to experience joy in life, then we should try to develop a specific quality in ourselves. If you develop that quality, then you will always be happy and that is to become an appreciator of virtues. If we see some quality or virtue in a person, we must appreciate that. It gives strength not only to the person but also to us. It becomes our habit to observe the good things wherever we look. We should try to accept it, mould ourselves into it, innovate and connect to it. If we allow jealousy to grow within us; for example, "oh no! He is ahead of me; his kurta is better than mine; there is such a nice atmosphere in his family; he doesn't have any problems." If we have this kind of attitude and mind-set, then gradually we keep on belittling ourselves. We can never become big. If we develop the ability to understand the capabilities of others, to know the strengths of others, then that power to mould those characteristics into ourselves will start developing automatically. And so to be successful in your lives, I would urge all of you to be inclined toward those who are talented, good and capable wherever you get a chance in life. One should have a big heart to know, understand and accept them. There will never be a feeling of jealousy; there will never be a feeling of vengeance in our minds. We too will be able to live a

life of great joy and happiness. With this one expectation, I once again congratulate all of you! I congratulate all the students and I now congratulate the education department. What a wonderful programme was planned by you all and I have got the opportunity to meet all the youngsters. Some people wonder why Modi Ji discusses the examination on Pareeksha Pe Charcha. It is just an exam. The teacher must have explained a lot to you. I don't know whether it is beneficial or not but I benefit a lot from this programme. When I am with you, I feel 50 years younger and I try to grow myself by learning something from you. I mean I belong to the same old generation but I always try to understand your mind by connecting with you. I try to understand your hopes and aspirations and mould my life into them. And that's why this programme is beneficial to me; it increases my strength & capabilities and that's why I come and interact with you. I am extremely grateful to you for giving me your time, for letting me grow with this experience, and for helping me learn something.

Thank you very much.

DISCLAIMER: This is the approximate translation of PM's speech. Original speech was delivered in Hindi.

One should take up the least interesting or most difficult subjects when the mind is fresh: PM Modi

27 JANUARY 2023



Namaste!

Perhaps for the first time 'Pariksha Pe Charcha' is being held in this cold. Usually, it is organized in February. But it was decided that you should also take advantage of January 26 (Republic Day). Did those who came from outside Delhi take advantage of it? Did you go to Kartavya Path? How was it? Did you enjoy it? What will you tell your family upon your return? Will you not tell them anything? Well friends, I will not take much time, but I would definitely tell you that 'Pariksha Pe Charcha' is my test too. Crores of students from the country are taking my test. I am happy to take this test; I enjoy it, because the questions that I get are in lakhs in numbers. Children ask questions very proactively, tell their problems and also share their personal problems. It is a great fortune for me to know what the young mind of my country thinks, the complications it



goes through, its expectations from the country, its expectations from the governments, its dreams and resolutions. In short, it is really a treasure trove for me. I have told my government functionaries to preserve all these questions. If an opportunity comes after 10-15 years, then we will get these questions analysed by social scientists. As generations change, situations also change and in the process the dreams, resolutions and the thinking of the young mind also change. Hardly anyone will have such a huge thesis in such a simple form as you people ask me questions. Let's not talk much. I would like to start immediately, because I get a complaint every time that this program runs too long. What is your opinion? Does it last long? Should it last long? I don't want to say more. I am for all of you. Tell me how to proceed. Who will ask first?

Presenter: If you wish to change the world, learn to change yourself and not the world. Hon'ble Prime Minister, your motivational and informative speech always infuses positive energy and confidence in us. We are eagerly waiting to learn for your immense experience and knowledgeable guidance. Hon'ble Prime Minister! With your blessings and permission, we



would like to start this program. Thank you, Sir.

Hon'ble Prime Minister, Ashwini, who is from Madurai, a city famous for its rich cultural heritage and architectural

beauty, would like to ask a question. Ashwini, please ask your question.

Ashwini: Hon'ble Prime Minister Sir, Namaskar! My Name is Ashwini. I am a student of Kendriya Vidyalaya No. 2 Madurai, Tamil Nadu. My question to you Sir is how I deal with my family disappointment if my results are not good. What if I don't get the marks I am expecting? Being a good student is also not an easy job. Expectations of elders become so high that the person who is writing the exam is under so much stress and he goes into depression. Nowadays, it is common for students to slash their wrists and become irritated and there is no one they could trust with their feelings. Kindly guide me in this regard. Thank you, Sir.





Presenter: Thanks, Ashwini. Hon'ble Prime Minister Sir, Navdesh Jagur is from the heart of India's capital Delhi -- the imperial seat of several empires with its charming grand medieval history

and amazing architectural styles. Navdesh is seated in the hall and wishes to discuss an identical issue with his question. Navdesh, please ask your question.

Navdesh: Good Morning, Hon'ble Prime Minister Sir. I am Navdesh Jagur of Kendriya Vidyalaya, Pitam Pura, Delhi region. Sir, my question to you is how do I deal with my family when my results are not good? Kindly guide me Sir. Thank you very much.

Presenter: Thank you Navdesh. Hon'ble Prime Minister, Priyanka Kumari from the ancient city of Patna, the birthplace of Lord Buddha, Guru Gobind Singh and Vardhman Mahaveer, who gave the message of peace and compassion to the world, is facing a similar problem and wants your guidance. Priyanka, please ask your question.

P r i y a n k a :
N a m a s t e !
Hon'ble Prime
Minister, my
n a m e i s
Priyanka Kumari.
I am an 11th
student from
Rabindra Balika
P l u s T w o



Vidyalaya, Rajendra Nagar, Patna. My question is that everyone in my family has passed with good marks. I also want to get good marks. For this, I am under stress and therefore want you to guide me. Thank you.

Presenter: Thank you, Priyanka. Respected Prime Minister, Ashwini, Navdesh and Priyanka feel that this important issue affects many students and seek your guidance to resolve it.

Prime Minister: Do you play cricket, Ashwini? There is a googly ball in cricket. There is a sole target, but the direction is different. I think you want to get me out on

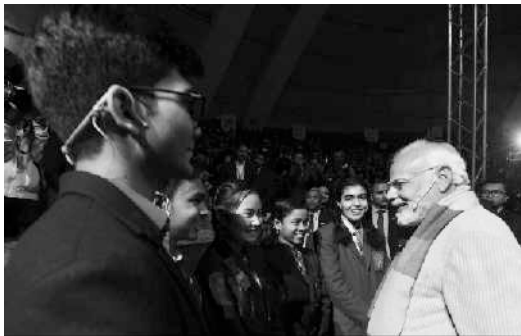


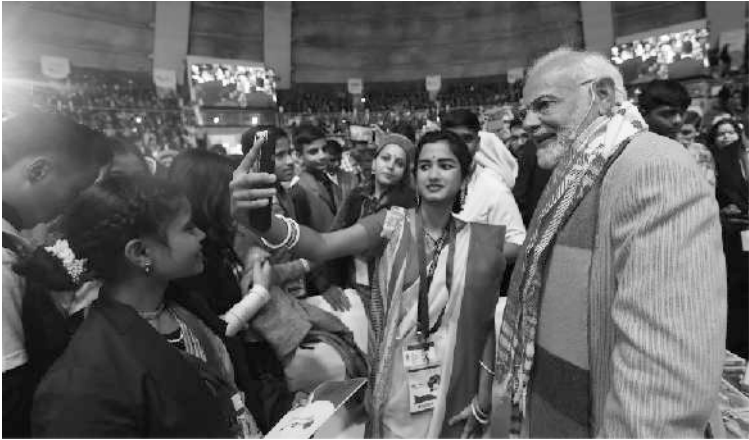
the very first ball. It is very natural for the family members to have high expectations from you. And there is nothing wrong in that either. But if the family members are having expectations because of their social status, then it is a matter of concern. Their social status puts so much pressure on them and it influences their mind so much that they think about what they will tell others in society about their children. They always have this complex about what they will discuss about their children if they are weak. It happens when the issue of children crops up when the parents are sitting



with their friends in a club or society or when they discuss about their children while washing clothes with others by the side of pond. Despite knowing the capabilities of their children, they make tall claims about their children due to their social status, because they suffer from an inferiority complex. Slowly and slowly, they internalize it and expect the same from their children. This is a natural tendency which has developed in social life. Secondly, if you do well, it is natural that everyone will have new expectations from you. We are in politics. No matter how many elections we win, such pressure is created that we are not supposed to lose. If we win 200 seats, it is said why could we not win 250 seats? If we win 300 seats, questions are raised: why did we not win 350 seats? Pressure is

created from all sides. But should we succumb to these pressures? Think for a moment what is told to you





throughout the day and what you hear from all around. Will you waste your time on that or rather introspect. Align your ability, priority, requirement and intention with expectations from you. You must have gone to watch a cricket match. There are thousands of spectators in the stadium and they start shouting 'four, four, six, six' when some batsman comes to play. Does that batsman start belting fours and sixes on the demand of the audience? Does any player do this? No matter how much the people shout, he is focused on the ball which he is facing. He tries to study the mind of the bowler and plays according to the ball. He remains focused no matter how much people shout. Therefore, if you remain focused in your activity, you will overcome the pressures and expectations. Sooner or later you will be able to overcome those problems. Therefore, I urge you not to succumb to pressures.

However, do analyze the pressure sometimes. Is it not that you are underestimating yourself? You have a lot of potential, but you are so depressed that you don't want to innovate. Sometimes those expectations become a huge force, bountiful of energy. I have already said before what the parents have to do

regarding their expectations from their children. Parents should not transfer the pressure on their children under social pressure. But at the same time, children should not underestimate themselves. And if you give emphasis to both these things, I am sure that you will be able to resolve such problems very easily. Where is the anchor?

Presenter: Hon'ble Prime Minister! Thank you very much. Your inspiring words have helped parents understand their children. Sir, we will not be under



pressure and we will keep the enthusiasm in the examination. Thank you.

Presenter: Hon'ble Prime Minister. Chamba is a hill town encompassing the untouched beauty of nature and is famous as the Paris of India. Arushi Thakur from Chamba, Himachal Pradesh, is joining us virtually. Arushi, please ask your question.

Aarushi: Namaskar, Hon'ble Prime Minister. My name is Aarushi Thakur and I am a class 11th student of Kendriya Vidyalaya Banikhet, Dalhousie, Chamba



district. Sir, I have this question to you and which bothers me the most during the examination is that from where do I start studying? I always feel that I have forgotten everything and I keep thinking about it which gives me a lot of

stress. Kindly guide me. Thank you, Sir.

Presenter: Thank you, Aarushi. Hon'ble Prime Minister, Raipur is the capital of Chhattisgarh, a state known as the rice bowl of India. Aditi Dewan of Raipur wants a solution to her curiosity on this problem. Aditi, ask your question.

Aditi Dewan: Namaskar, Hon'ble Prime Minister. My name is Aditi Dewan and I am a student of class 12th in Krishna Public School, Raipur, Chhattisgarh. My question is that I worry about the fact that I have a lot to do. But I can't do anything in the end, because I have a lot of work. Even if I complete any work on time, I get more worried, because then either I take too long to do other tasks or I postpone them till further. I am curious to know how I should complete all my work on time. Thank you.

Presenter: Thank you, Aditi. Hon'ble Prime Minister, Aarushi and Aditi seek your guidance on preparing for their exams and utilizing their time. Please solve their problem, Hon'ble Prime Minister.

Prime Minister: Look, this issue is not just limited to



exams. Anyway, we should be aware of time management in our life, exam or no exam. You must have noticed why work piles up. Work piles up

because it was not done on time. And it is equally true that one never gets tired of working. Instead, there is a sense of satisfaction when we work. One gets tired if one does not work. When someone sees so much work around him, he starts feeling tired. Therefore, one should start immediately. Secondly, write a diary for about a week where you spend your time. Even if you are studying, find out how much time you spend on which subject and also whether you look for short-cuts or go into the basics. Do a little analysis of yourself whether you go into the details. I am sure you will notice that you spend most of your time and get engrossed in the subjects you like the most. There are three subjects which you don't like but are essential. They appear to you as a burden. You feel that despite spending two hours daily on that subject, your results were not up to the mark. It is not necessary that you have to study two hours compulsorily. One should study when the mind is fresh. Make it a point to give 30 minutes to a subject you don't like and you find it difficult. Then take up a subject which you like and spend 20 minutes on it. Similarly, spend 30 minutes on a subject which is a slightly less favorite to you. Make a routine like this. You will feel relaxed and you will gradually find interest in the subjects which you otherwise used to avoid. A lot of time is wasted as you are engrossed in a subject that you like the most.

Those of you who fly kites must have observed one thing. I was very fond of flying kites in my childhood. The string which is the thread of a kite sometimes gets entangled with



each other and becomes a huge knot. What will an intelligent person do? Will he pull with force? He will not do this. He will slowly try to hold each and every thread to see how to open it and then he opens the knot slowly. Finally, he will succeed in entangling the knot and he will have the entire thread which he needs. We don't have to use force and should attempt to find a solution in a relaxed manner. If you try to find a solution in a relaxed manner, I am sure you will be able to do it in a proper way. Secondly, have you ever observed your mother's work schedule at home? In fact, you are very pleased when you find that your mother has prepared everything when you come home from school. Your mother had prepared everything in advance when you had to go to school in the morning. It is very pleasing, but have you ever observed the time management of your mother? She knows that she has to complete a particular work by 6 a.m. or another by 6.30 a.m. If her child has to go to school at 9 a.m. she has to prepare everything by that time. She knows what all she has to do by the time her child returns home. There is such a perfect time management by the mother while she does most of the household chores. But she doesn't feel burdened while doing any work. She would never complain that she is tired and there is so much work to do, because she knows that she has to complete everything in

those hours. And importantly, she does not keep quiet even when she has some extra time. She continues with one or the other creative activity. She will pick up a needle and thread and will do something or the other. She has made her own arrangements to relax. If you closely observe the activities of your mother, you will realize the importance of time management as a student. Time management does not necessarily mean two hours, three hours or four hours. There should be micro management. You have to decide how many hours you have to spend on a particular subject. Do not put so many restrictions that you will not do any other thing for the next six days just because you are studying. In that case you will be tired. You distribute it equally and it will definitely benefit you. Thanks.

Presenter: Thank You, Hon'ble Prime Minister Sir for guiding us to be methodical and systematic in order to be an effective student. Hon'ble Prime Minister Sir, Rupesh Kashyap hails from Bastar district of Chhattisgarh which is known for its distinguished tribal art, the enchanting Chitrakoot waterfall and the finest quality of bamboo. Rupesh is present here with us and



needs your advice on a topic that is of vital significance. Rupesh, please ask your question.

Rupesh: Good Morning, Hon'ble Prime Minister Sir. My Name is Rupesh Kashyap. I am a student of class 9th from Swami Atmanand Govt. English Medium School, Darbha, District Bastar, Chhattisgarh. Sir, my question is how I can avoid unfair means in exams. Thank You, Sir.

Presenter: Thank You, Rupesh. Hon'ble Prime Minister Sir, from the heritage city of Jagannath Puri, the spiritual capital of Odisha famed for its magnificent Rath Yatra and serene beaches, Tanmay Biswal seeks your guidance on a similar issue. Tanmay, please ask your question.

Tanmay: Hon'ble Prime Minister Sir, Namaskar. My name is Tanmay Biswal. I am a student of Jawahar Navodaya Vidyalaya, Konark, Puri, Odisha. My question to you Sir is how to eliminate cheating or copying activities of the students during examination. Kindly guide me on this. Thank You, Sir.

Presenter: Hon'ble Prime Minister, Rupesh and Tanmay want your guidance on how to avoid using unfair means in the examination.

Prime Minister: I am happy that our students also feel that some solution should be found against the wrong practices and malpractices that take place in the examinations. Especially those who are hardworking students, they are definitely worried about the fact that they work so hard whereas there are some who clear the exams by cheating and copying. Earlier too, people would cheat and copy, but secretly. Now they proudly claim that they have outwitted the supervisor. This change in values is very dangerous and therefore we all have to think about this social truth. It has also been observed that the teachers who run coaching

institutes also feel that their students do well because they have taken tuition money from their parents and they guide and help their students in copying. Tell me, whether there are such types of teachers or not. Secondly, I have noticed that some students don't spend time studying but are very creative in finding ways to cheat. They will spend hours and will make notes in a microscopic way. Sometimes I feel that they are so creative in cheating as they spend hours in developing the techniques to copy and cheat. Had they spent that much time and creativity in learning, they could have fared better? Somebody should have guided them and made them understand. Secondly, let's understand one thing that now life has changed a lot, the world has changed a lot. So, it is very important to understand that it is not that one's life is settled if one clears one exam. Today, one has to give one exam or the other every time. How many times can you succeed by cheating? Therefore, those who resort to cheating might clear one or two exams, but would not succeed in his life. Cheating can't make one's life. It is possible that he can get marks by resorting to unfair means, but there will be question marks on him at some point in his life. They should realize that they might have succeeded in clearing one or two exams through cheating, but they will get stuck in life at a later stage. Secondly, I would like to tell those students who put in hard work that your hard work will bring positive results in your life. Someone may succeed in getting 2-4 marks more than you fraudulently, but he can never become a hindrance in your life. The inherent strength within you will take you forward. Therefore, I request you not to follow those students. Exams will come and go. We have to live our life to the fullest. Therefore, we should not follow short-cuts in our life. You must have noticed that there are some passengers who don't use the bridge

in the railway station and instead cross to another platform by jumping onto the tracks. There is no reason as such. But it is fun for them. It is written there on the board that shortcut will cut you short. Therefore, never get tensed if others are resorting to short-cuts. Keep yourself away from short-cuts and focus on your work. You will get desired results. Thanks.

Presenter: Thank you, Hon'ble Prime Minister. Your words have gone down directly into our hearts. Thank you.

Hon'ble Prime Minister Sir, from Palakkad the land of paddy fields and the sound of traditional Kerala music, Tejas Sujay seeks your guidance. Sujay, please ask your question.

Sujay: Namaskar, Respected Prime Minister. My name is Tejas Sujay. I am a student of Kendriya Vidyalaya Kanjikode, Karnakulam Samba and in IXth class. My question is what is important between hard work and smart work. Are both necessary for good results? Please give your guidance. Thank you, Sir.

Presenter: Thank You, Sujay. Hon'ble Prime Minister, Sir.

Prime Minister: What was his question? What was he asking?

Presenter: Sir, he was asking about hard work and smart work.

Prime Minister: Hard work and smart work?

Presenter: Thank You, Sir.

Prime Minister: Well, you must have read a story in your childhood. Everyone must have read it. And from this story you can guess what is smart work and what is hard work. When we were children, we used to listen to a story that there was water in a pitcher. The water was a bit deep and a crow wanted to drink water. But

he could not reach inside. So that crow picked up small pebbles and put them in that pitcher, and slowly the water came up and he drank the water and quenched his thirst. Have you heard this story? Now what would you call it -- hard work or smart work? And see, when this story was written, there was no straw. Otherwise, this crow would have gone to the market and brought a straw. See, there are some people who keep on doing hard work. There are some people in whose life there is no sign of hard work. There are some people who do smart work and there are some people who do smartly hard work. Therefore, the crow is also teaching us how to do hard work smartly. Therefore, we have to understand the nuance of every work. You must have seen some people who start using their mind even before understanding things. They put in a lot of hard work, but no results. I remember I used to work in a tribal belt long ago, and I had to go to an interior area. Someone arranged an old jeep and told us to take it. We had to leave around 5.30 in the morning. But our jeep was not moving at all. We tried a lot, pushed, and did a lot of hard work, but our jeep did not move. When it was 7:30, we finally called a mechanic. The mechanic would have hardly taken two minutes and fix it. Then he demanded 200 rupees. I was surprised that he was charging 200 rupees for two minutes! So, I asked him for a reason. He told me 200 rupees is not for two minutes, but for 50 years of experience. Now we were also doing the hard work, but the jeep was not moving. He smartly had to tighten a few bolts. It took hardly two minutes and the jeep started. What it means is that if everything is done with hard work then the result will be like this only. You must have seen the wrestlers and other people of the world of sports. A trainer would know exactly which muscles will be required by the player. Similarly, a wicket-keeper has to stand for

hours in a bending position. If we do any mischief in a class, then the teacher also makes us sit down by holding our ears. That position is very painful. Does it hurt or not? The pain is both psychological as well as physical. But for a wicket-keeper, it is part of his training. He is trained to stand in that position for hours so that his muscles become stronger gradually and he can perform better as a wicket-keeper. A bowler does not need the same training, he needs different training methods. Therefore, we should focus on what we want to do and what is useful. It will take a lot of effort if we try to have everything. Raising hands and feet, running and other such methods are good for fitness. But if we have to achieve something, we will have to address specific areas. And the one who understands this, he also gives the result. If there is a bowler and his muscles are not strong, then how will he be able to bowl, how many overs will he be able to bowl? People who do weightlifting have to strengthen different types of muscles. They also do hard work. But they work hard in a smart way and then they get the desired results. Thanks a lot.

Presenter: Thank You, Hon'ble Prime Minister Sir for your insightful guidance on always choosing hard work in our life. Jovita Patra, a student of Haryana's industrial city Gurugram which is famous for the Cyber City named after Guru Dronacharya, is present in the auditorium and wants to ask you a question. Jovita, please ask your question.

Jovita Patra: Namaskar, Hon'ble Prime Minister Sir. My name is Jovita Patra and I am a student of class 10th of Jawahar Navodaya Vidyalaya, Gurugram Haryana. It's my privilege and quite an honor to participate in the Pariksha Pe Charcha 2023. Hon'ble Prime Minister Sir, my question to you is that being an average student how can I focus on my studies. Kindly guide me on this

issue. Thank You, Sir.

Presenter: Thank you, Jovita. Hon'ble Prime Minister, Jovita Patra, an average student, wants your guidance on how to do better in the exam. Please guide him, Respected Prime Minister.

Prime Minister: First of all, I congratulate you that you know that you are an average student. Otherwise, most of the people are such, who are below average and consider themselves to be pseudo intellectual. So first of all, I congratulate you as well as your parents. Once you have accepted this reality that this is your ability and you have to look around for things accordingly and you don't need to be pseudo intellectual. The day we realize our potential, we become very capable. Those who do not realize their potential face many challenges to become capable. Therefore, God has given you this strength to realize your potential. This strength has been given to you by your teachers and your family. I would like all the parents to make a real assessment of their children. Do not let inferiority complex develop in them, but make a correct assessment. Sometimes, your child may ask you for a very expensive thing. So you tell him simply that you will not be able to buy right now as the financial condition is not very good. Tell him to wait for two years. There is nothing wrong in it. If you discuss your financial position with your child then there is nothing wrong in it. A lot of us are from ordinary backgrounds. There are very few people who come from extraordinary backgrounds. But when ordinary people do something extraordinary, they reach a new height and go beyond average. You see, a lot many people who have become successful were very average people at one point of life. But they have done extraordinary things in their life and have got extraordinary results. Now you must have seen

that the economic situation of the whole world is being widely discussed these days. Which country has registered how much growth and what is the economic situation of other countries? This has become a norm after Corona. It is not that the world lacks economists. There are many Nobel Prize winners who can guide the steps to be taken to improve the economic situation. There is also no dearth of people who can be found in every street and locality giving advice. There are also some good scholars who have really done a lot. However, we see today that India is being compared with other major economies of the world. India is being seen as a ray of hope. You must have noted that two-three years back, it was written about our government that it does not have any economists. All the people in the government are average people. Even the Prime Minister has no knowledge of economics. This is how it was written. Do you read these statements or not? But friends, the country which was dubbed average is shining in the world today. Therefore friends, never be under pressure that you are not extraordinary. And secondly, even if you are average, there must certainly be something extraordinary within you. And those who are extraordinary also have something which is average within them. Everyone has a unique ability given by God. You just have to recognize it, add fertilizer and water to it and you will go ahead very fast. This is my belief. Thank you.

Presenter: Thank You, Hon'ble Prime Minister Sir for your wonderful encouragement to make many students and Indians feel valued and cherished. Hon'ble Prime Minister Sir, Mannat Bajwa is from the capital city of Chandigarh famed for its remarkable blend of urban planning with modern architecture and the scenic Rock Garden of the legendary Nek Chand. She seeks

your guidance on the fundamental issue that affects many students like her. Mannat, please ask your question.

Mannat Bajwa: Namaskar, Hon'ble Prime Minister. My name is Mannat Bajwa. I am a student of St. Joseph Senior Secondary School. My question to you is that when I imagine myself in a prestigious position like yours, where to run a country like India, where there is such a large population and where there are a lot of opinion makers. There are also people who have negative opinions about you. Does that affect you? If yes, how do you overcome the feeling of self doubt? I want your guidance in this. Thank you, Sir.

Presenter: Thank You, Mannat. Hon'ble Prime Minister Sir, Ashtami Sen resides in South Sikkim, famous for its tea gardens and breathtaking beauty and tranquility and snow-covered Himalayas. She also requests your directions on identical matter that needs to be addressed. Ashtami, please ask your question.

Ashtami: Namaskar, Hon'ble Prime Minister. My name is Ashtami Sen. I am a class 11th student of DAV Public School, Ranjit Nagar, South Sikkim. My question to you is that when the opposition and the media criticize you, how do you deal with them? In fact, I am not able to handle the complaints and negative comments by my parents. Please guide me. Thank you.

Presenter: Thank You Ashtami. Hon'ble Prime Minister, Kumkum Pratap Bhai Solanki of Gujarat, the birthplace of great personalities like Mahatma Gandhi, Sardar Patel and Swami Dayanand Saraswati, is connecting through virtual medium and is in a similar dilemma. Kumkum seeks your guidance. Kumkum, please ask your question.

Kumkum: Hon'ble Prime Minister, my name is Solanki Kumkum. I am a class 12th student of Shree Hadala

Bhal High School, District Ahmedabad, Gujarat. My question is that you are the Prime Minister of such a large democratic country and you have to face so many challenges. How do you deal with these challenges? Kindly guide me. Thank you.

Presenter: Thank You Kumkum. Hon'ble Prime Minister Sir, Akash Darira lives in the Silicon Valley of India, Bengaluru, known for being a perfect getaway to plethora of activities both traditional and modern. Through his question he seeks your advice on a similar matter that has been concerning him for a while. Akash, please ask your question.

Akash: Namaste, Modi ji. I am Akash Darira of 12th class from Whitefield Global School, Bangalore. I have this question to you that my grandmother Kavita Makhija always advises me to learn from you how you look at every allegation, every criticism leveled by the opposition as a tonic and an opportunity. How do you do this Modi ji? Please inspire the youth like us too so that we can be successful in every exam of life. Thank you.

Presenter: Thank You, Akash. Hon'ble Prime Minister, your life has been an inspiration to crores of youth. Mannat, Ashtami, Kumkum and Akash want to know your experience as to how to stay positive amidst the challenges of life and achieve success. Kindly guide them, Hon'ble Prime Minister.

Prime Minister: When you return home after writing your exams and discuss your performance with your family, friends or teachers with whom you have a very close relationship and if you could not write a correct answer to a question, what is your first reaction? 'It was out of syllabus.' Isn't it? Your question to me is also 'out of syllabus', but I can make out what you want to say. Had you not linked your question to me, perhaps you

could have put forth your feelings in a different way. Since you know that your family members are also listening to this program and it is a risk asking a question bluntly, therefore, you have cleverly involved me. See, as far as I am concerned, I have a conviction and it is an article of faith for me. As a matter of principle, I believe that criticism is a purification yagna for a prosperous democracy. Criticism is the precondition of a prosperous democracy. And that's why you must have seen that there is open source technology. Are you aware of it or not? Different people put in different ideas in open source technology. It is allowed under open source technology where people share their experiments, where they are stuck or discuss the shortcomings. People insert their individual technology in it. And it becomes perfect software after the efforts of many people. This open source technology is considered a very powerful instrument nowadays. In the same way, some companies introduce their product in the market and throw a challenge that anyone pointing out shortcomings in the product will be rewarded. This means that everyone wants someone to point out shortcomings and the ways to resolve them. Isn't it? See, sometimes, what happens is that the entire issue revolves around the person who is the critic. For example, there is a fancy dress competition in your school and you wear a fancy dress with great enthusiasm. Then one of your best friends, whose comments you value the most, says this fancy dress is not looking good on you. Naturally, you will also give your reaction. But your reaction to another student will be very different who you don't like much as you encounter negative vibrations upon seeing him. He will make fun of you for wearing that fancy dress. Your reaction to him will be very different. Why? You welcome the reaction of somebody who is close to

you and take it positively. However, you lose your cool when you face the same reaction from somebody who you don't like. 'Who are you to comment? This is what I want to wear.' Doesn't it happen like this? In the same way, if somebody keeps criticizing you every now and then, ignore him. Don't waste your time on him because he has other designs. However, if there is criticism at home, should it be considered wrong? There is no criticism at home. Parents also have to study a lot before making any critical remarks. They have to observe you, meet your teachers, know the habits of your friends, understand your day-to-day activities, follow you, how much time you are spending on mobile phone, how much time you are spending on screen, etc. They observe you very closely. And when they find you in a good mood they gently tell you about your ability and potential and where you are spending your energy in not too important matters. It will register your mind and their criticism will be useful. Now-a-days, parents don't have time, they don't criticize, but they interrupt you. Your anger is against that interruption. They will say anything. If you are at the dining table, they will ask you whether you have eaten this or that. This is what happens. Isn't it? See, your parents are going to confront you when you return home today. Interruption is not criticism. I would also like to urge the parents not to interrupt their children unnecessarily. You cannot judge your children by interrupting them frequently. If they are in a very pleasant mood and you spoil their mood in the morning by saying that milk has become cold and they have still not drunk it. The parents often cite the examples of others and say the other children follow their parents and drink milk immediately if their mothers request them. He then becomes upset and his entire schedule goes haywire.

You must be watching the debates of the Parliament. Some MPs do their homework properly to make their speeches in Parliament. But the people of opposition parties know their psychology. So in the midst of a speech, they will make a curt comment intentionally. They know very well the MP who is making his speech will naturally react to it. Then the MP considers that it is important for him to react to that comment. Therefore, he gets distracted and he reacts to that comment. As a result, he suffers despite his best preparation. However, if he takes that comment lightly and sticks to his speech immediately, he gets the desired results. Therefore, we should not lose our focus.

The second thing is that a lot of hard work and study is required to criticize somebody. It has to be analyzed. Comparison has to be made. One has to delve into the past, look into the present and the future. It requires hard work and only then can one criticize. However, now-a-days, people resort to short-cuts. Most of the people level allegations, they don't criticize. We should not consider allegations as criticism. There is a huge difference between allegation and criticism. Criticism is a kind of nutrient which enriches us. We should not take those people seriously who only level allegations. One should not waste one's time on them. However, criticism should not be taken lightly. Criticism should always be considered valuable. Criticism helps us make our life better. If you are honest, acted with integrity, worked for society with a certain purpose, then don't care about the allegations, friends. I think it will become a great strength for you. Thanks a lot.

Presenter: Hon'ble Prime Minister, your positive energy has shown a new path to crores of countrymen. Thank you, Hon'ble Prime Minister. Dipesh Ahirwar of Bhopal,

the city of lakes, is connected with us through a virtual medium and wants to ask a question to the Hon'ble Prime Minister. Dipesh, please ask your question.

Dipesh: Hon'ble Prime Minister, Namaskar! My name is Dipesh Ahirwar. I am a student of class X of Government Higher Secondary School, Bhopal. Now-a-days, fantasy games and Instagram addiction have become a common thing among children. How do we concentrate on our studies? Hon'ble Sir, I have a question for you that how do we concentrate on our studies without distractions? I want your guidance in this regard. Thank you.

Presenter: Thank you Dipesh. Hon'ble Prime Minister, Aditab Gupta's question has been selected by India TV. Aditab has been connected with us through a virtual medium. Aditab, ask your question.

Aditab Gupta- My name is Aditab Gupta. I study in tenth class. As technology is increasing, our distractions are increasing more and more, our focus is less on studies and more on social media. So my question to you is how we can focus on studies and reduce our time on social media because in your time there were not so many distractions as there are now.

Presenter: Thanks, Aditab. Hon'ble Prime Minister Sir, the next question comes from Kamakshi Rai on a subject that is a center of many students. Her question has been selected by Republic TV. Kamakshi, please ask your question.

Kamakshi Rai: Greetings! Prime Minister and everyone! I am Kamakshi Rai studying in class 10th from Delhi. My question is what are the different ways that can be adopted by a student so as to not easily get distracted during their exam times? Thank You.

Presenter: Thank you, Kamakshi. Hon'ble Prime

Minister, this question has been selected by Zee TV. Manan Mittal is joining us via virtual medium. Manan, please ask your question.

Manan Mittal: Namaste, Prime Minister! This is Manan Mittal from DPS Bangalore South. I have a question for you. There are many distractions while studying online, such as online gaming, etc. How do we avoid it?

Prime Minister: Are they students who are always lost in gadgets?

Presenter: Thank you, Manan! Hon'ble Prime Minister, Dipesh, Aditab, Kamakshi and Manan want your guidance on the issue of disruptions in the examination and how to get out of it. Kindly guide them, Hon'ble Prime Minister.

Prime Minister- First of all, you have to decide whether you are smart or whether the gadget is smart. Sometimes, it seems that you consider gadgets smarter than you and the mistake starts from there. Believe me, God has given you a lot of power, you are smart, gadgets can't be smarter than you. The smarter you are, the more you will be able to use the gadget properly. It's an instrument that accelerates your pace. If we approach this way, I think maybe you can get rid of it. Secondly, it is a matter of great concern for the country and the other day someone was telling me that on an average people in India spend six hours on screen. Six hours! Now it certainly is a matter of satisfaction for those who are involved in its business. When there was talk time on mobile phones, it was said that people used to spend 20 minutes on an average. But since the reels have been introduced, it is very difficult to come out of it. Do you leave it abruptly once you start watching? Will you not tell me? Don't you watch reels? Why are you feeling shy if you don't watch reels? Tell me, do you leave it in the

middle? See, it is really a matter of concern if we spend our creative potential on the mobile phone screen for six hours. In a way, we become slaves to these gadgets. We can't be its slaves. God has given us an independent existence, an independent personality, and therefore we should be careful whether we are becoming its slave or not? You would have rarely seen me with a mobile phone despite the fact that I am very active. But I have fixed the time for that and I don't overspend my time on it. I have often seen people attending an important meeting and all of a sudden they pick up the mobile phone when it vibrates. I think we should endeavor not to become slaves of these gadgets. I am an independent personality. I have an independent existence. And I will keep myself limited to what is useful for me. I will use technology, I will not run away from technology, but I will use it according to my need and requirement. Now suppose you have read a good recipe for making dosa online, spent an hour to find out which ingredients are required. Will your stomach be filled? It will not? For that, you will have to make dosa and eat it. And therefore, the gadget does not serve you anything with perfection. Your inner potential is what matters most. Now you must have seen that in earlier times, children used to rattle tables quite comfortably. I have seen this myself when Indian students used to go abroad and the people in those countries would be surprised at their skill. Now you see, what has happened over a period. Now, we have to scout for a child who is skilled in tables. In short, we are losing our potential. Without losing our potential, we have to try this consciously. Otherwise, that skill will become extinct gradually. We should try to keep testing ourselves continuously whether I remember this or not. Otherwise, now-a-days, there are so many platforms of Artificial Intelligence that you don't have to do

anything. Go to the chat section of that platform and it tells you everything under the sun. Now Google has gone one step further. Your creativity will come to an end if you get stuck in it. Therefore, I would like to urge you that there is a tradition of fasting in the scriptures of health in ancient India. Fasting is also prevalent in some religious rituals in our country. Now the time has changed. Therefore, I would like to urge you to practice this art of fasting on technology for a few days a week or a few hours a day? In short, you will abstain from technology for that many hours.

You must have seen that there are many families who are under tension when their child is in Xth or XIIth class. The family members decide the programmes to be viewed on television. Sometimes, they cover the television set with a piece of cloth. The child is forbidden from watching television because he is either in Xth or XIIth class. If we are so conscious and cover the television set with a piece of cloth can't we then make a conscious decision that there will be digital fasting for a day in a week. We will not touch any digital devices on that particular day. Observe the benefits arising out of it. Gradually you would feel like increasing the period of fasting. Our families are getting smaller and are also getting trapped in this digital world. There is a mother, son, sister, brother and father who are living in the same house and are sending messages to each other through WhatsApp. I am talking about you. Mummy will send a message to Papa through WhatsApp. You must have noticed that everyone is sitting together in the house, but everyone is lost in their mobile phones. Tell me how the family will run this way? Earlier, people used to gossip when they used to go in the bus or in the train. But now the moment they get mobile connectivity, they are busy on their mobile phones as if they have all the work in

the world. Without it, the entire world will cease. We need to identify these diseases. If we can identify these diseases, then we can get rid of such diseases. Therefore, I urge you to decide on a particular room in your home which will be a 'no technology zone'. Anyone wishing to enter that room has to keep his mobile in a separate room. Everybody will spend their time together in that room without their mobile phones. As there is a particular area earmarked for a temple at home, similarly, make a 'no technology zone' in one of the rooms. You see, you will start enjoying your life. When there is bliss, you will come out of its slavery. Thank you very much.

Presenter: Thank You, Hon'ble Prime Minister Sir for sharing such a light hearted mantra of digital fasting to tackle challenging situations in such an easy manner.

Presenter: Hon'ble Prime Minister, Nida is joining us from Jammu, a Union Territory full of natural beauty situated in the Himalayan ranges and would like to ask you a question. Nida, ask your question.

Nida: Hon'ble Prime Minister Sir, Namaskar! I am Nida of class 10th from Government Model Higher Secondary School Sunjwan, Jammu. Sir, my question is when we work hard but do not get that desired result then how can we put that stress in a positive direction? Respected Sir, have you ever been through such a situation? Thank You.

Presenter: Thank you, Nida. Hon'ble Prime Minister, from the land of Lord Krishna's teachings, the land of famous players like Neeraj Chopra, who is famous in the world, Prashant from Palwal, Haryana wants to ask you a question. Prashant, please ask your question.

Prashant: Namaskar, Hon'ble Prime Minister! My name is Prashant. I am a student of Class XII in Science

Faculty in Shaheed Naik Rajendra Singh Model Sanskriti Government Senior Secondary School Hathin District Palwal Haryana. My question to you is how stress affects test results. I want your guidance in this regard. Thank You, Sir.

Presenter: Thank you, Prashant. Hon'ble Prime Minister ji, crores of students across the country like Nida and Prashant seek your guidance on the issue of impact of stress on exam results. Respected Prime Minister!

Prime Minister: Look, the main reason for the tension that follows after the results of the examination is that when the students return home after writing their examination, they create such an atmosphere that they have done very well. They make tall claims that they will get 90 percent marks. The family members also believe in their children. The children often do so because they think that they will be scolded immediately if they tell their parents about the fact. So, it is better to face the music after a month when results will come. Since parents believe their child, they also start boasting among their friends that he would fare much better this time as he put in a lot of hard work, did not go out to play and even did not attend a wedding in the family. The parents also create such an atmosphere that their child will either top the class or come second. And when results come, the child gets 40-45 marks and naturally the storm follows. Therefore, the first thing is that we should not give up the habit of facing the truth. For how long can we live on the back of lies? One should admit that the paper did not go well. 'I tried but it was not enough'. If you admit it beforehand and if you score five marks more than what you expected then there will be no tension at home. In fact, your parents will compliment you that you have fared better than what you said. The second reason for stress is that you compare yourself with your

friends. If he does this I will do that. There is a very promising child in the class, whereas others are also promising. The difference is hardly 19-20. Day and night we live in the flow of that competition and this is also a reason for stress. We should live for ourselves. One should learn from our loved ones and learn from everyone, but we should emphasize our inner strength. If we do this, then the chances of getting rid of stress increase. Secondly, what is our approach towards life? The day we believe that we could not crack the exam and hence our life is over then the tension is bound to come. Life does not stop at any one station. If one train is missed, another train will come and take you to another big station. Therefore, don't worry. Exams are not the end of life. No doubt, we should have our own criteria and we should keep on testing ourselves. This should be our effort. But we should make a resolution in our mind to get rid of this tension. 'Whatever happens, I know how to live my life. I'll deal with that too.' And if you make this determination, then it becomes very easy. And therefore, I think the stress regarding examination results should not be taken seriously sometimes. Thank you!

Presenter: Hon'ble Prime Minister, after listening to your experience, we have got a new consciousness. Thank you. Hon'ble Prime Minister Sir, R Akshara Siri lives in Ranga Reddy district in Telangana. She is inquisitive about a significant subject and looks up to you for directions. Akshara, please put forward your question.

Akshara: Hon'ble Prime Minister, Greetings! My name is R. Akshara Siri. I am a student of class IX in Jawahar Navodaya Vidyalaya Ranga Reddy Hyderabad. Sir, my question is what we should do to learn more languages. I want your guidance in this. Thank you, Sir

Presenter: Thank You, Akshara. Hon'ble Prime Ministers Sir, a question similar to this has come from Ritika Ghodke, who lives in the heart city of India, Bhopal. She is with us in the auditorium. Ritika, please ask your question.

Ritika Ghodke: - Respected Prime Minister, Namaskar! My name is Ritika Ghodke and I am a student of Class XII Government Subhash Excellent Secondary School, School for Excellence, Bhopal Madhya Pradesh. Sir, my question to you is how can we learn more and more languages and why is it important? Thank you.

Presenter: Thank you, Ritika. Hon'ble Prime Minister, please guide Akshara and Ritika to acquire multilingual skills which is the need of the hour. Respected Prime Minister!

Prime Minister: You asked a very good question. By the way, I told you in the beginning to leave the rest of the things and become a little focused, but as far as this question is concerned, I would say that you should become a little extrovert, it is very important to be a little extrovert. Why I'm saying this is because India is a country full of diversities. We can proudly say that we have hundreds of languages, thousands of dialects; this is our richness, our prosperity. We should be proud of our prosperity. Sometimes, you must have noticed that if a foreigner meets you and he comes to know that you are from India, and he is also a little bit familiar with India, he will greet you with 'Namaste'. Though his pronunciation may not be as correct, he still greets you with 'Namaste'. The moment he utters this, you become alert. Affinity develops between you two immediately. You are also surprised that this foreigner has greeted you with 'Namaste'. This is an example that communication has a great power. You live in such a huge country. Don't you feel like learning tabla,

flute, sitar or piano as a hobby? We develop additional discipline. Isn't it? If you have this feeling then why don't you learn one or two languages of the neighbouring state? You must try. It is not that we learn a language or some spoken words. You get the essence of experiences of that state. Behind the expression of each and every language is a continuous, unbroken, unchanging stream of thousands of years of experience. There is a stream of ups and downs. There is a stream which follows after facing many challenges and then a language takes the form of expression. When you know a language, then the door opens for you to enter the thousands of years old world of that state. Therefore, we must try to learn as many languages. At times, I feel very sad. Don't we feel proud when we get to know that there is a nice monument made of stone and 2000 years old in our country? Anybody will feel proud. Then we become curious to know which part of the country has this monument. Such a magnificent piece of heritage made 2000 years ago. We wonder how much knowledge our forefathers would have possessed. Now you tell me, should not the country which has the world's oldest language be proud of this fact? We should proudly claim that our country has the world's oldest language. Should we or not? Do you know that Tamil is the world's oldest language? Which country in the world has such a huge treasure? This country has such a glorious language and we don't even claim it proudly. When I addressed the UN last time, I intentionally spoke a few words of Tamil language, because I wanted to tell the world that I am proud of the fact that Tamil language is the best language in the world, it is the oldest language in the world and it belongs to my country. We should be proud of it. Now you see, does not a person from North India enjoy Dosa? He also enjoys Sambhar. At that

time, he did not see any difference between North and South. You go to South and you will find Parantha and vegetables as well as Puri and vegetables. People enjoy it. Do they take pride in it or not? There is no problem. I would like everyone to know a few words of other languages besides his mother tongue. You will enjoy it when you meet a person and speak a few words in his language. Immediately, a sense of belongingness will develop. Therefore, languages should not be considered a liability. I remember vividly when I was involved in social work many years ago. I saw a young girl and children have immense talent to pick up other languages. There was a labour family at Calico Mills in Ahmedabad. Sometimes, I used to visit that family for lunch. The family had a young daughter and she used to speak many languages. It was a colony of labourers and hence cosmopolitan. Her mother was from Kerala and father from Bengal. Being a cosmopolitan environment, Hindi was the natural language. There was a Marathi family nearby and there was a Gujarati school in the neighbourhood. I was surprised that the 7-8 years old girl used to speak Bengali, Marathi, Malayalam and Hindi fluently. And if all the five members of a family were sitting together, she would converse with other members in their own language, be it Bengali, Malayalam or Gujarati. Her talent was blossoming. And therefore, I urge you that we should be proud of our heritage. I mentioned 'Panch Pranas' (five pledges) from the ramparts of the Red Fort also so that we should be proud of our heritage and we should be proud that our forefathers have given us this language. Every Indian should be proud of every language of the country. Thanks a lot.

Presenter: Hon'ble Prime Minister, thank you for your guidance on multilingualism.

Presenter: Hon'ble Prime Minister Sir, from the historical

acclaimed city of Cuttack, Sunaina Tripathi, who is a teacher, requests your direction on an important matter. Ma'am, please ask your question.

Sunaina Tripathi: Namaskar, Hon'ble Prime Minister Shri Narendra Modi ji. I am Sunaina Tripathi Krishnamurthy from World School, Cuttack Odisha. My question is how to attract students in the class for studies and how to teach meaningful values of life, as well as how to make study interesting with discipline in the class. Thanks!

Presenter: Hon'ble Prime Minister Sir, Sunaina Tripathi wishes for your guidance on motivating students to take interest in academics. Hon'ble, Prime Minister Sir.

Prime Minister: So this question was from the teacher? Am I right? Look, now-a-days, it is often found that teachers are lost in themselves. Barely had I completed a sentence and you took note of it. The teachers have a lecture of about 20-30 minutes and they speak in a fluent language. You must have noticed somebody in the class is making some movements or is wandering. I am speaking from my experience during my childhood. Now-a-days, teachers are very good. During my time, it was not so. Therefore, I have no right to criticize teachers. But I have noticed one thing: if teachers forget something they don't want their students to know about it, they want to hide it from their students. What do they do in that case? They would suddenly turn to a student and would scold him for standing or doing something differently. They would spend 5-7 minutes on that student only. In the meantime, if they remember the topic they would get back to teaching. Otherwise, if any student is laughing, they will catch hold of him. I just want to know whether this happens now-a-days. I don't think it happens now because teachers are

really very good now-a-days.

You must have noticed that now-a-days teachers also keep the syllabus on their mobile phones. They teach through it. Don't they do it? And if any button of the mobile phone is pressed mistakenly, they keep searching for it. Actually, they are not up to date with the technology and have only learnt the basic 2-4 things. If he presses any wrong button on the mobile phone, either the chapter gets deleted or it goes somewhere which he can't locate. He becomes very upset. He starts sweating even in winters. He feels that his students are drawing pleasure from his predicament. Those who have deficiencies develop this habit of lording over others so that his deficiencies do not come to the fore. I think it will be better if our teachers develop a sense of belongingness with their students. The students do not want to test your knowledge. This is the misconception among teachers. If any student is asking you a question, it does not mean that he is testing you. If any student asks you something, it means that there is curiosity in him. You should promote his curiosity. His curiosity is the biggest asset of his life. Do not try to silence any curious person, don't interrupt him, but listen to him properly. If you do not know the answer, you should tell him that he has asked a very good question, but it will be injustice if you answer him in a hurry. Tell him that we will sit tomorrow. 'We will discuss this tomorrow in my chamber. And I will also try to understand from you how did this idea come to you. In the meantime, I will also study further when I go home. I will search Google and ask others as well. Then I will come tomorrow fully prepared. The next day I will try to find out from him from where did this idea come to his mind at such a young age?' You see, he will understand you immediately. Even today, students consider the words

of their teachers very valuable. If you tell him something which is wrong, it will haunt him for life. Therefore, there is nothing wrong in taking some time before answering the query of your student. It is okay if we tell him later also. Second is about discipline. Sometimes, it so happens that a teacher in order to exert his influence asks a question to the weakest student. The student starts blabbering and the teacher then scolds him. 'I am putting in a lot of effort, trying to teach you and you still don't comprehend it.' Had I been a teacher, what would I do? I would ask the question to the bright student. He would explain in a very comprehensive manner. The weak student, who did not understand earlier, would find it easy to understand now. Since I am honouring the bright students, there would be a new competition to excel.

Secondly, if there is an undisciplined student, who is not focused and does something or the other in the class which is not pleasant. If the teacher calls him separately and tells him affectionately that he was indulging in something else whereas it was such a great topic. 'Ok, now play in front of me. You will have great fun. I also want to see what you were playing yesterday. Ok, we will play some other time. If you concentrated yesterday, would you have benefited or not?' Had you discussed with him, he would develop a sense of belongingness and he would not indulge in any undisciplined activity. But if you hurt his ego, it will certainly devastate him. Some teachers also use clever means. Sometimes, cleverness also works. What they do is that they make the most mischievous boy the monitor of the class. Once he becomes a monitor, he realizes that he will have to improve his behavior. Not only does he improve himself, he also makes many adjustments to keep the class in discipline. He makes an attempt to control his

mischief. He tries to become endearing to his teacher. Ultimately, his life changes and as a result the environment of the class also improves. There can be many ways. But I am of the view that we should not resort to corporal punishment. We should choose the path of belongingness. If you choose this path, it will benefit everybody. Thanks a lot.

Presenter: Hon'ble Prime Minister, many thanks to you for inspiring the values of life with such simplicity and humility. Hon'ble Prime Minister, I am inviting Mrs. Suman Mishra from Delhi for the last question of 'Pariksha Pe Charcha 2023'. She is a parent and is present in the auditorium and wants your response to her curiosity from you. Ma'am, please ask your question.

Suman Mishra: Good Morning, Hon'ble Prime Minister. I am Suman Mishra. Sir, I seek your advice on how students should behave in a society. Thank You, Sir.

Presenter: Thank you, Ma'am. Hon'ble Prime Minister!

Prime Minister: How should students behave in society? This is what you are asking, isn't it? I think it should be considered in a slightly different manner. Which society are we talking about? Is it our circle where we meet and where we spend some time gossiping? How do you behave with your child? If you tell him to go somewhere with or without shoes, he will follow it accordingly. But the fact is that you should not confine him within the house. I don't remember exactly where I said something in this regard. I think it was perhaps in one of the episodes of 'Pariksha Pe Charcha'. I said that parents should give some money to their child after he finishes his Xth or XIIth exam and tell him to visit some places in his state for five days and come back with photographs and descriptions in writing. You should have the courage to send him

alone. You see, he will return home after learning a lot. He will develop confidence when he comes face to face with reality. And if he is in 12th class, tell him to go out of the state. Tell him that you have this much amount of money, you have to go by train without reservation, you will have this much luggage and food packed for your journey. Go and visit so many places and tell us about your experience upon your return. You should often take trial of your children. He should be motivated to meet different sections of society. You should ask him whether he met his school colleague who put up a very good performance in a Kabaddi competition. Tell him to go to his house and meet him. Motivate him to meet somebody who did remarkably well in a science fair. You should give him the opportunity so that he can grow. Don't force him what he has to do and please don't tie him to restrictions. If someone issues a decree that moths have to wear uniforms. What will happen? Is there any logic? We should allow children to grow. They should be taken to new realms, should be introduced to new places and sometimes we should also accompany them. During our times, we used to go to our uncle's place during vacations or some other relatives. What was the reason? It has its own fun element and its own rituals. Life is created. We should not confine our children to our own circles. We should try to expand their scope. Yes, we should be careful that he is not getting into bad habits, or remains lost in his room, or becoming indifferent. Earlier, he used to be in his element while sitting with others during lunch. Nowadays, he has stopped laughing and cracking jokes. What is the problem? Parents should be quick to react. Children are God's gift and it is our responsibility to protect and promote him. If this is the spirit then results will naturally be good. If you develop this feeling that he is my son so he has to obey you or you have to

become like me or you will have to follow what I did then the situation worsens. Therefore, it is necessary that there should be an element of openness and he should be motivated to engage in different things in life.

For example, snake charmers visit you sometimes. Tell your children to meet them and find out where they live. What made them choose this profession? Your children will also become eager to know about them. Attempts should be made to expand the scope of your children and they are not tied down to limitations. Sky should be the limit for them. Give them an opportunity and they will emerge stronger in society. Thanks a lot.

Presenter: Thank You, Hon'ble Prime Minister Sir for your inspirational insights in matters that had been concerning many exam warriors and for making exams not a reason to worry but a season to celebrate and enjoy. This brings us to the culmination of a spectacular event that was a symphony of inspiration and encouragement. A melody of memories will forever resonate within our hearts. We extend our deepest thanks and gratitude to the Hon'ble Prime Minister for gracing this hall with his presence and infusing us with his radiant spirit.

The 'Pariksha Pe Charcha' by the Prime Minister has changed the restlessness, nervousness and tendency of giving up by crores of children like us into enthusiasm and yearning for success. Thank you Hon'ble Prime Minister. Thank you very much.

Prime Minister: Thank you very much to all of you and I would definitely like our students, parents and teachers to decide how to dilute the burden of examinations which is increasing. It should be a natural part of our life. A smooth sequence of life

should be made. If you do this, then the exam will become a celebration in itself. The life of every examinee will be filled with enthusiasm and this enthusiasm is the guarantee of excellence. The guarantee of that progress lies in enthusiasm. Carry that enthusiasm with you. This is my best wish to all of you. Thanks a lot.

DISCLAIMER: This is the approximate translation of PM's speech. Original speech was delivered in Hindi.

Parents should not make report cards of their children as their visiting card: PM Modi

29 JAN 2024



Namaste,

Just now, I have seen the works of our fellow students who have done some innovations, created various types of models. They have attempted to incorporate the National Education Policy into these models. I got the opportunity to see what the future generation of the country thinks in the fields of water, land, sky, space, and AI, and what solutions they have. It felt like even if I had 5-6 hours, it wouldn't be enough because everyone has presented their presentations better than the others. So, I heartily congratulate those students, their teachers, and their schools. And I also urge you to definitely see this exhibition before leaving, try to understand what it is about, and share your experiences with other students after returning to your schools. Will you do that? I hear a voice from here, not from there, not from there, will you do that? Can you hear my voice? ...



Alright!

Do you know where you are right now? Don't you? You've come to the place where all the world's prominent

leaders discussed the future of the world for two days at Bharat Mandapam. And today, you are at that place. And along with your exam worries, you are also going to discuss the future of Bharat today. And in a way, this program 'Pariksha Pe Charcha' is also my exam. And there would be many of you who may want to test me. There must be some people who may genuinely feel that certain questions should be asked, the solutions to which would benefit both themselves and others. We may not be able to address all the questions, but the solution of many of those questions will benefit many of our colleagues. So let's start without wasting any more time. Where should we begin from?

Presenter – Hon'ble Prime Minister! Heartfelt thanks for your inspirational words.

यही जज्बा रहा तो मुश्किलों का हल निकलेगा,
जमीन बंजर हुई तोक्या, वही से जल निकलेगा,
कोशिश जारी रख कुछ कर गुजरने की,
इन्हीं रातों के दामन से सुन हरा कल निकलेगा,
इन्हीं रातों के दामन से सुन हरा कल निकलेगा।





(With this same spirit, solutions will emerge for problems,

Even if the land turns barren, water will still flow from it,

Keep up efforts to make something happen,

A golden tomorrow will emerge from the embrace of these very nights,

A golden tomorrow will emerge from the embrace of these very nights.)

Mr Prime Minister! Your inspirational and enlightening address always fills us with positive energy and confidence. With your blessings and permission, we wish to commence this program. Thank you, respected sir.

Presenter – Hon'ble Prime Minister! Indian School, Darsait, located in the friendly Arab country of Oman, which is a partner of Bharat in the fields of defence, health, and tourism, has its student, Dania Shabu, joining us online. She wishes to ask you a question. Dania, please go ahead and ask your question.

Dania -- Respected Prime Minister! I am Dania Sabu Varki of class 10th from Indian School Darsait,

Oman. My question is how cultural and societal expectations contribute to the pressure students feel during examinations and, how can these external influences be adjusted? Thank You!

Presenter - Thank you, Dania. Sir, Mohammed Arsh from Government Sarvodaya Bal Vidyalaya, Burari, Delhi, the capital of the world's largest democracy, is joining us online. He wants to seek clarification on his doubts from you. Mohammed Arsh, please go ahead and ask your question.

Mohammed Arsh - Respected Prime Minister!



Namaskar. My name is Arsh, and I am a student of class 12th at GSSSB Burari. My question to you is how can we address negative discussions regarding examinations in our environment, which significantly impact our ability to study and perform well? Can steps be taken to create a more positive and supportive environment for students? Thank you.

Presenter - Thank you, Mohammed! Dania Sabu from Oman, Arsh from Delhi, and numerous students like us often find it challenging to cope with the pressure of societal and peer expectations. Please



provide guidance to them.

Prime Minister - I have been informed that this is perhaps the 7th episode of Pariksha Pe Charcha, and as far as I remember,

this question has been asked every time, and in different ways. This means that 7 different batches have gone through these situations in 7 years. And every new batch has also had to face these same problems. Now, while the batch of students changes, the batch of teachers does not change as frequently. If teachers, in all the episodes I have been through so



far, have addressed the issues in their schools that I have described, then we can gradually tackle this problem. Similarly, in every family, it is possible that the eldest son or daughter might have gone through this trial once or twice before. But they may not have much experience.

However, every parent has experienced this problem in one way or another.



Now the question arises,



what is the solution? We cannot say to switch off (the pressure), to turn off the pressure; we cannot say that. So, we should make ourselves capable of

handling any kind of pressure, we shouldn't sit idle and crib. We should try to understand this fact that pressure is a part of life, stress keeps building up. So, we have to prepare ourselves. Just like when you go to a place where it's very cold and you live in a warm area, you mentally prepare yourself that I have to go to such a cold place after 3-4 days. So, when you mentally prepare yourself, it gradually feels easier. After reaching there, sometimes you feel, "Oh, it's not as cold as I thought it would be." It happens because you have made up your mind. Therefore, you don't need to check the temperature, your mind is prepared. Similarly, we have to resolve to win over the pressure, this situation, in our own way.

Another thing to consider is the types of pressure. There is pressure that we impose upon ourselves, such as deciding to wake up at 4 AM in the morning, or studying until 11 PM at night, or setting a goal to solve a certain number of





answers. We experience this pressure ourselves. I understand that we shouldn't stretch ourselves so much that it affects our

ability. We should improve gradually. Let's say, yesterday I solved 7 questions, today I decided to solve 8. Then, if I aim for 15, and manage only 7, I wake up in the morning thinking, "Well, I couldn't do it yesterday, so I will have to complete it today?" So, we create pressure on ourselves. We can manage it in a scientific way. Secondly, parents create pressure as well. "Why didn't you do this? Why did you sleep? Why don't you get up early? Hurry up, don't you have an exam?" They even say things like, "look at what your friend is doing and what are you doing?" This commentary runs morning and evening, and if mom gets tired, then dad starts, and if dad gets tired, then elder brother starts the same commentary. And if that is not enough, then the school teacher repeats the same thing. Then there are some people who say, go ahead, do whatever you want, I'll just stay the way I am. Some people take it seriously. But this is another type of pressure.

Thirdly, there's also a situation where there's no apparent reason, it's just a perception, and without any reason, we consider it a crisis. When we actually do it, we realize it wasn't that difficult and I was just unnecessarily under pressure. So, I feel that the entire family, along with teachers, needs to address this

together. If only the student addresses it or only the parents address it, it won't be enough. And I believe that there should be ongoing discussions within families. Every family should have discussions on how to handle such situations. Instead of having a systematic theory, we should gradually evolve things. If we evolve in this manner, I am confident that we will overcome these issues. Thank you.

Presenter - PM Sir, thank you for suggesting ways to deal with pressure. Bhagya Lakshmi ji, who is a parent, is connected with us via virtual medium from the



famous Andaman and Nicobar Islands, known for its unparalleled natural beauty and witness to the sacrifices of Veer Savarkar. Bhagya Lakshmi ji, please ask your question.

Bhagya Lakshmi - Respected Prime Minister Sir, Namaskar. As a parent, I have a question for you regarding the peer pressure that students face, which in a way, takes away the beauty of friendship. It instils a sense of competition among their friends. What is your opinion on this? Please provide me with a solution. Thank you.



Presenter -
Thank you,
Bhagya
Lakshmi ji.
Drishti
Chauhan, a
student of
Jawahar
Navodaya
Vidyalaya in

Panchmahal, Gujarat, which guides the world with the trinity of truth, non-violence, and righteousness, wants to know the solution to her problem from you, Mr Prime Minister. Drishti, please ask your question.

Drishti Chauhan - Respected Prime Minister, Namaskar. I am Drishti Chauhan, a student of class 6 at Jawahar Navodaya Vidyalaya in Panchmahal. My question to you is that sometimes the competitive atmosphere of exams creates additional pressure to compete with friends. Please advise on how to deal with this? I seek your guidance on this matter. Thank you, sir.

Presenter - Thank you, Drishti. Swati Dilip, connected with us online from Kendriya Vidyalaya No. 1, Calicut, situated in the rain-soaked state of Kerala, which is abundant with natural beauty, is seeking to ask you a question. Swati, please go ahead and ask your question.

Swati - Namaskar! Hon'ble Prime Minister Sir, I am Swati Dilip, a student of class 11th from PM SHRI Kendriya Vidyalaya No. 1, Calicut, in the Ernakulam Region. Sir, could you please guide us on how we can avoid unhealthy and unnecessary competition in this competitive world and also how to not succumb to peer pressure?

Presenter - Thank you Swati. Mr Prime Minister, please guide us on how to avoid the concerns arising from peer pressure and competition, and how to prevent bitterness in relationships caused by them? Please guide Lakshmi ji, Drishti and Swati.

Prime Minister: If life had no challenges, no competition, then life would become very uninspiring, devoid of consciousness. Competition must exist. But as a girl from Calicut mentioned, competition should be healthy. Now, your question is a bit dangerous, and it worries me. Perhaps I am facing such a question for the first time in 'Pariksha Pe Charcha'. You see, sometimes this poisonous tendency, these seeds are sown within the family environment. Even at home, if there are two children, sometimes parents will praise one, sometimes the other. So, whether it's between two siblings or two brothers or two sisters, this sense of distorted competition is subtly instilled in the everyday life of the family. And that's why I urge all parents not to indulge in this kind of comparison between their own children. It instils a sense of animosity and eventually, after a long time, those seeds grow into a very poisonous tree within the family. Similarly, I once watched a video a long time ago - perhaps you've seen it too - where some Divyang children were participating in a race, about 12-15 children, each with their own disabilities. So challenges were inevitable, but they were all running. In the midst of it, one child fell. Now, if they were more intelligent, what would they have done? They might have said, "Well, that's it, one less competitor in the race." But what did those children do? Those who were ahead turned back, those who were running stopped, and they all helped him up, and then they started running again. Truly, this video may be about the lives of Divyang children, but it gives us all a tremendous inspiration

and a profound message.

Now, the third issue is, what are you competing with your friends for, buddy? Let's say there's a 100-mark paper. Now, if your friend scores 90, do you have 10 marks left for you? Do you have 10 marks left for you? No, you also have 100 marks, right? So, you don't need to compete with him, you need to compete with yourself. You need to compete with yourself to see how many marks out of 100 you can score, irrespective of what your friend achieves. There's really no need to harbour any resentment towards him. In fact, he can become your inspiration. And if you maintain this mindset, what will you do? You won't even make a competent person your friend. You'll befriend someone who's not doing well in the market, and you'll keep wandering around claiming to be a big contractor yourself. In fact, we should seek talented friends. The more talented friends we have, the more our work will progress. Our spirit will also rise. Therefore, we should never allow such feelings of jealousy to creep into our minds.

And fourthly, it's a matter of great concern for parents as well. Parents always keep comparing their children. They say, "Look, you're always playing, whereas he is studying. You keep doing this, and he is studying." In other words, they always give the same example of the other person. So, this becomes a standard in your mind too. Please, parents, avoid these things. Sometimes I've seen parents who haven't been very successful in their own lives, who have nothing to say to the world about their achievements or successes, so they turn their child's report card into their visiting card. They meet people and tell stories about their children. Now, this nature also instils a sense in the child's mind that "I am everything. Now I don't need to do anything..." That also causes a lot of

damage.

Therefore, instead of feeling envy towards our friends, we should make an effort to find their strengths. If they excel in mathematics and I'm weak in it, and if my friend helps me in mathematics more than my teachers do, then I'll understand it better and might excel in it like them too. If my friend is not very strong in languages and I'm good at it, and if I help him in languages, then both of us will complement each other and become more capable. Therefore, please, let's not indulge in competition and envy with our friends. I've seen people who fail themselves but distribute sweets if their friend succeeds. I've also seen friends who score very well but if their friend doesn't, they don't celebrate at home, don't have festivals. Why? Because their friend didn't do well...their friend lagged behind...there are friends like that too. Is friendship a transaction? No...friendship is not a transaction. Where there's no kind of transaction involved, there's selfless love, that's where friendship lies. And this friendship, it doesn't just last till school...it stays with you for life. Therefore, please, let's seek friends who are more enthusiastic and diligent than us, and we should always strive to learn from them. Thank you.

Presenter – Thank you, Mr Prime Minister. This message of humanity will always inspire us in competition. The next question is from Mr. Kondakanchi Sampat Rao, a music teacher at JDP High School, located in the sacred land of Tirumala, the agriculturally rich state of Andhra Pradesh. Mr. Sampat Rao is joining us online and wishes to ask you a question. Mr. Sampat Rao, please ask your question.

Sampat Rao - Greetings to the Prime Minister. My name is Kondakanchi Sampat Rao and I am a

teacher at JDP High School, Upparapalli, in the Anakapalli district of Andhra Pradesh. Sir, my question to you is, as a teacher, how can I help my students in giving exams and making them stress-free? Please guide me on this. Thank you, sir.

Presenter - Thank you, sir. Banti Medhi, a teacher from Saira High School located in the scenic Brahmaputra valley and tea gardens of Assam, is present in the audience and she would like to ask a question to the Prime Minister. Ma'am, please ask your question.

Banti Medhi - Namaskar, Hon'ble Prime Minister Sir. I am Banti Medhi, a teacher from Shivsagar district, Assam. My question is what should be the role of a teacher in motivating students? Please guide us. Thank you.

Presenter: Thank you, ma'am. Please, Prime Minister, with reference to the questions asked by music teacher Shri Sampat Rao ji from Andhra Pradesh and the teacher Banti Medhi ji present in the audience, they want to know about the role of teachers in helping students remain stress-free during the examination. Please provide guidance for the entire teacher community.

Prime Minister: First of all, I believe that music teachers not only have the ability to relieve stress for the students in their own classes but also for the entire school's children. There is so much potential in music... If we are listening to music with our ears closed... Sometimes it happens... that we are there, the music is playing, but we are lost somewhere else. And that's why we can't experience its joy. I can understand when any teacher thinks about how to alleviate this stress of the students. I may be wrong, but I feel perhaps there's a thought in the teacher's mind about

the ordeal of examinations. If the relationship between the teacher and the student is tied to the ordeal of examinations, then the first thing to do is to correct that relationship. As soon as your relationship with the student begins on the first day, from the beginning of the year when you enter the classroom, that relationship should continue to grow until the exams come. Therefore, perhaps there won't be any stress during exam days.

Think about it, today is the era of mobile phones; every student must have a mobile phone. Has any student ever called you? Has he ever contacted you by calling you over the phone saying, "I'm facing this problem, I'm worried..."? He would have never done that. Why? Because he does not think you hold any special place in his life. He thinks his relationship with you is just about subjects that you teach. It's about math, chemistry and language. The day you go beyond the syllabus and connect with him on a personal level, he will surely talk to you about his problems too.

If this relationship exists, then the possibility of stress during exams will indeed diminish. You must have seen many doctors ... while all have degrees, some doctors who are general practitioners... They are more successful because after the patient leaves, they call their patient a day or two later to ask, "Brother, did you take the medicine properly? How are you feeling?" The patient will come back to their hospital the next day. But instead of making him wait, that doctor will talk to his patient a few times in between. And by doing so, he manages to heal his patient halfway. Are any of you teachers like that? Let's say a child has done very well. Have any of his teachers visited his home to tell the family that "Your child has performed really well and today I'll treat myself to sweets with

you." Can you imagine the happiness of the parents? The child must have told his parents about his performance. But when a teacher goes and tells the family personally, it will give encouragement to that child and the family will also sometimes think, "Wow, we didn't know my child had this capability until the teacher described it. We really need to pay a little more attention."

So you see, the atmosphere will change completely. And now the first thing is what to do to alleviate stress during exams? I have already said a lot about that. I don't repeat it. But if you maintain your relationship with your students throughout the year... sometimes I ask many teachers, "Brother, how many years have you been teaching? Many of those, who first came in contact with you as students, must have gotten married by now. Did any of your students come to give you a wedding invitation?" Ninety nine per cent of teachers tell me that no student came. It means we were only doing our job and we weren't changing lives. The job of a teacher is not just to teach his students, the job of a teacher is to shape lives, to empower lives of the students, and that's what brings about change. Thank you.

Presenter: The mutual trust between teacher and student is crucial. Thank you for providing us with a new perspective. Adrita Chakravarti, a student from Pranavananda Vidya Mandir, West Tripura, Tripura, which integrates the wonderful indigenous culture, is joining us online. She seeks a solution to her problem from the Hon'ble Prime Minister for relief from exam stress. Adrita, please ask your question.

Adrita Chakravarti: Namaskar, Hon'ble Prime Minister. My name is Adrita Chakravarti. I am a student of class 12 at Pranavananda Vidya Mandir, West

Tripura. My question to you is that I get nervous in the last few minutes of the exam and my handwriting also deteriorates. How can I deal with this situation? Please provide me with a solution. Thank you, sir.

Presenter: Thank you, Adrita. Joining us online from Jawahar Navodaya Vidyalaya Karap, Kanker, Chhattisgarh, a renowned state famous for its abundant natural resources and is known as the bowl of paddy, is student Sheikh Taifur Rahman. He seeks guidance for relief from exam stress. Taifur Rahman, please ask your question.

Sheikh Taifur Rahman: Hon'ble Prime Minister, Namaskar. My name is Sheikh Taifur Rahman. I am a student of PM SHRI Jawahar Navodaya Vidyalaya Kanker, Chhattisgarh. Sir, during exams, most students feel anxious, which leads them to make foolish mistakes, such as not reading questions correctly, etc. Sir, my question to you is how can we avoid these mistakes? Please provide your guidance. Thank you.

Presenter: Thank you, Taifur. Present among us in this gathering is a student, Rajlakshmi Acharya, from Odisha Adarsha Vidyalaya, Cuttack. She wishes to ask a question to the Prime Minister. Rajlakshmi, please ask your question.

Rajlakshmi Acharya: Hon'ble Prime Minister, Jai Jagannath! My name is Rajlaxmi Acharya, I am from Odisha Adarsh Vidyalaya, Jokidola Banki Cuttack. Sir, my question is - It is easy to say you face an exam with a cool mind, but in the exam hall, the situation is so scary, like "don't move, look straight," and so on. How can it be so cool? Thank you, sir.

Presenter: Thank you, Rajlakshmi. Mr Prime Minister, Adrita, Taifur, and Rajlakshmi, along with many other students, have repeatedly asked this question in previous editions of the Pariksha Pe Charcha, and it

continues to be a concern for some students. How to deal with stress during exams? Please provide your guidance on this.

Prime Minister: Once again, the discussion has revolved around stress. Now, how to get rid of this stress? You see what kinds of mistakes are made. If we observe some mistakes in our daily routine, we'll understand this problem. Some mistakes happen due to parents' excessive enthusiasm. Some mistakes come from students' excessive sincerity. I understand we need to avoid this. For instance, I've seen some parents thinking, "It's an exam today, let's get a new pen for our child or send him to school with new clothes." Just by dressing nicely, a lot of time gets consumed in adjusting... checking if the shirt is okay or if the uniform is worn properly. My request to parents is to give the same pen that the child regularly uses. He is not going there to showcase the pen, and during exams, nobody has time to notice whether your child has come wearing new clothes or old ones. So, they should come out of this mentality. Secondly, what happens is that they will send him off by pressuring him to eat certain things like "Eat this because it's the exam day". It only adds to his discomfort eating more than necessary that day. Then his mother might say, "Oh, your exam center is so far away. You'll be late by the time you get back at night. Just eat something and go or take something with you." He starts resisting, saying, "I won't take it." Stress begins from there, even before leaving home. So, my expectation from all parents and my suggestion is to let him live in his own fun. If he's going to take an exam, let him go with excitement and enthusiasm. Let him follow his daily routines as usual. Then what about sincere students? Their problem is that they don't leave the book until the door of the examination hall opens. Now, when you

go to the railway station, do you ever enter the train like that? You go 5-10 minutes before, stand on the platform, roughly calculate where your compartment will come, then go to that place, then think which luggage to take inside first. That means your mind starts setting itself before the train arrives. Similarly, it is with your examination hall. They might not keep it open for you since morning, but they allow it 10-15 minutes before the exam begins. So, as soon as it opens, go inside and sit comfortably and enjoy. If there are some old jokes or funny things, remember them, and if there's a friend next to you, share a joke or two with him. Spend 5-10 minutes laughing and joking. Let it go like that. Or at least take a very deep breath. Slowly, immerse yourself for 8-10 minutes. And when you receive the question paper in your hands, you will stay calm. Otherwise, what happens, you start thinking whether the paper has come or not, whether you saw it or not, how it is, where the teacher is looking, there's a CCTV camera in the examination centre. What do you have to do with the CCTV camera? Let it be in any corner, what's your concern? We keep ourselves busy on these things, and for no reason, it wastes our time and energy. We should be immersed in ourselves, and as soon as the question paper arrives ... sometimes you must have seen. If you are sitting on the first bench, but the invigilator starts distributing the question paper from the last bench. So, your mind starts racing, thinking, "He will get it five minutes before me, I'll get it five minutes later." Isn't it like that? Doesn't it happen? Now, if you engage your mind in such things, whether I receive the question paper first or after number twenty, then you cannot change the situation. So why waste your energy? The teacher started from there, you cannot stand up and say, give it to me first; you can't do that. Since you know it's going to happen like that, you should adjust yourself

accordingly.

Once you set aside what is happening around ... And we have been reading these stories since childhood, like the story of Arjuna targeting the bird's eye, but when it comes to life, you don't see just trees, you also see leaves. Then you don't see that bird's eye. You also listen to these stories, read them, so this is an opportunity to bring them into your life. So, the first thing is that sometimes the cause of anxiety in exams is external factors. Sometimes it feels like time is running out, sometimes it feels like I should have answered that question first. So, the solution to this is to first read the entire question paper once. Then decide how much time each question will take roughly. And set your time accordingly. Now, when you eat, when you sit down to eat, do you eat looking at the clock that you have to finish eating in twenty minutes? So, you get into the habit of eating like this, "Yes, it's been twenty minutes and I'm done eating." There's no clock or bell for this, like, "Okay, now start eating, now stop eating." It doesn't happen like that. So, this is through practice.

Secondly, I have seen that nowadays the biggest problem, which is the cause of this problem, is that when you go to take the exam, what do you physically do? You physically hold the pen in your hand and write, isn't it? The brain does its job, but what do you do? You write. Nowadays, due to the iPad, computer, and mobile, the habit of writing has gradually decreased, whereas in exams, you have to write. This means that if I have to prepare for the exam, then I also have to prepare myself for writing. Nowadays, very few people have the habit of writing. So, for this reason, as much time as you spend in your studies daily after school, a minimum of 50% of that time, minimum 50% of the time, you should write something in your notebook. If possible, write on that

subject. And read what you have written three or four times and correct what you have written. So, your improvement will be so good that you will develop the habit of writing without anyone's help. So, how many pages to write, how much time it takes to write, you will master all these things. Sometimes, with many subjects, you might feel like, "Oh, I know this." For example, you are listening to a famous song. The song is playing, and you feel like, "I know this song because I've heard it many times." But once the song stops, try writing down the lyrics. Do you remember the song then? You might realize that while listening, the confidence that you had and what you felt were good. But in reality, you couldn't remember it. You used to get prompted from there, so you remembered those lines. And if it comes to perfection, you might lag behind.

My request to today's generation is that writing poses a significant challenge during exams. How much you remember, whether it's correct or incorrect, whether you write correctly or incorrectly, those are topics for later. Focus your attention on practice. If you concentrate on such aspects, I firmly believe that you won't feel the discomfort or pressure in the exam hall because you are prepared. If you know how to swim, you won't fear going into the water because you know how to swim. Similarly, if you have read about swimming in the books and you think, "I studied, right?" You start with one hand, then the other, then the third, then the fourth, and you feel that the first hand goes first, then the first leg. You've worked it out in your mind, but as soon as you dive in, the trouble begins. But those who start practicing in the water itself, no matter how deep the water is, they have confidence that they will cross it. That's why practice is essential, writing practice is crucial. The more you write, the sharper

your mind becomes. Sharpness will reflect in your thoughts as well. Read what you've written three or four times and correct it yourself. The more you correct it yourself, the better grip you'll have on it. So, you won't face any problems sitting inside the exam hall. Secondly, someone is writing at a tremendous speed. And you think here I am, stuck on the third question, and he has already moved on to the seventh. Don't get distracted by it. Whether he has reached question 7 or 9 doesn't matter. Who knows, maybe he is writing a movie script. Trust in yourself. Forget about what others are doing around you. The more you focus on yourself, the more your focus will be on the question paper. The more you focus on the question paper, the more your answers will be precise, word by word. Ultimately, you'll achieve the desired results. Thank you.

Presenter: Thank you, Prime Minister Sir. This principle of stress management will inspire us throughout our lives. Prime Minister, among us in this hall, we have Dheeraj Suthar, a student from Rajasmand, Rajasthan, who studies at Government Senior Secondary School, Kondhwa. He would like to ask you a question. Dheeraj, please go ahead and ask your question.

Dheeraj Suthar: Namaste, Hon'ble Prime Minister. I am Dheeraj Suthar, from Government Senior Secondary School, Kondhwa, Rajasmand, Rajasthan. I am currently studying in the 12th grade. My question is how to manage studies along with exercise because physical health is as important as mental health. Please provide guidance. Thank you, sir.

Prime Minister: Looking at your physique, it seems to me that you have asked the right question. And your concern is also valid.

Presenter: Thank you, Dheeraj. Connecting with us online is Najma Khatoon, a student from PM SHRI Kendriya Vidyalaya Kargil in the famous Union Territory of Ladakh, renowned for its cultural traditions and bravery of gallant soldiers posted at the snowy peaks. Mr Prime Minister, she wants to ask you a question. Najma, please go ahead with your question.

Najma Khatoon: Respected Prime Minister, Namaskar. My name is Najma Khatoon, and I am a student at PM SHRI Kendriya Vidyalaya Kargil in Ladakh. I am a tenth-grade student. My question to you is, how can we maintain a balance between exam preparation and maintaining a healthy lifestyle? Thank you.

Presenter: Thank you, Najma. Tobi Lomi, a teacher from Naharlagun Government Higher Secondary School in Arunachal Pradesh, Jewel of Northeast India and a state of multicultural diversity, is present in this gathering and would like to ask a question to the Prime Minister.

Tobi Lomi: Namaskar, Hon'ble Prime Minister. My name is Tobi Lomi, and I am a teacher. I come from the Government Higher Secondary School in Naharlagun, Arunachal Pradesh. My question is, how can students primarily focus on their studies besides sports? Please provide guidance. Thank you, sir.

Presenter: Thank you, ma'am. Mr Prime Minister, Dheeraj, Najma, and Tobi ji seek your guidance on how to establish harmony between studies and a healthy lifestyle.

Prime Minister- Many of you students must be using mobile phones. Some of you may have developed a habit of using their phones for hours. But have you ever thought that if I don't keep my phone charging, then my mobile usage will decrease, so I won't recharge it?

If I don't recharge it, will the mobile phone work? Will it work? So things like mobile phones which we use every day, do they also have to be charged or not? Hey, please answer? Do I have to recharge or not? So, just like we need to charge our mobile phones, should not we need to charge our bodies too? Like charging is a requirement for mobile phones, charging our bodies is also a requirement. Just think about it that you do not feel like studying. Just close the window and shut everything else off. That can never happen. Life cannot be lived like that, and that's why life needs to be balanced a bit. Some people just keep playing, but that's also a problem. However, when you have to take exams, there is importance of physical and mental well-being in life. These things cannot be ignored. But if we are not healthy, if we don't have that capability in our body, then we might lose the ability to sit for three hours in the exam. And that's why a healthy body is very important for a healthy mind too. Now, a healthy body doesn't mean that you have to do wrestling. It's not necessary, but there are some rules set in life.

Now, think about how much time you've spent under the open sky in daylight. If you have to study, then take a book and sit under the sun for a while. Sometimes, even the daylight is crucial for recharging the body. Have you ever tried it? Maybe make it a rule that no matter what, I'll take out some time during the day, so that I can spend some time under the sun. Similarly, no matter how much you have to study, never compromise on sleep. When your mom tells you to go to sleep, don't take it as interference. Most students get their egos hurt so badly that they think, "Who are you to tell me to go to sleep when I have an exam tomorrow? Should I sleep or not sleep? What do you have to do with it." They do this at home. Those

who don't do it don't say anything, but those who do, say that they do it. No one is saying anything. But it's for sure that even when it comes to sleep, once you start watching a movie reel after reel, one after another... you want to hide... you don't know how much time has passed, you don't know how much sleep you've lost. What have you gained - just pull out the first reel... try to remember, you can't even remember... and yet, you keep watching. This is how we undervalue sleep.

Today's modern health science emphasizes the importance of sleep a lot. Whether you get adequate sleep or not is very important for your health. You should focus on that. This doesn't mean that exams will keep coming... Modi ji himself advised to sleep. Create an artistic word here and write as soon as you enter home - 'Go to sleep'. Show it to your mom and dad... 'Go to sleep'. Hope you don't do that. Inadequate sleep is inappropriate for health. There are some people who may have taken their bodies to such a stage that they may be beyond this. But for the average human life, this is inappropriate.

Try to ensure that you get the required amount of sleep and also see if it's sound sleep. You should aim for deep sleep. You'll be surprised... those teachers sitting there, the ones of older age... they'll surely be startled upon hearing this. Even today, with so much work I have... I may not have as much as you have, but there are no exceptions for 365 days... If I lie down on the bed, I'm drawn towards deep sleep within 30 seconds... It takes me 30 seconds. Some of you may be very young... You must be tossing in your bed sometimes here, sometimes there and then sleep comes. Why? During the rest of my waking hours, I'm very awake. So when I'm awake, I'm fully awake, and when I'm asleep, I'm fully asleep. And that balance... older people may be troubled... what to do, we don't

even get sleep; we keep tossing and turning for half an hour. And you can achieve this.

Then there's the topic of nutrition... balanced diet and at your age... the things necessary at that age, whether they are in your diet or not... You may like one thing and you keep eating it... your stomach may feel full... sometimes your mind may feel satisfied... but it may not fulfil the body's requirements.

The period of 10th and 12th grade exams is such that when you have the exam environment, decide one thing: I will fulfil my body's requirements as much as needed. Parents should also not do this... Today I have made halwa, eat a little more. Sometimes parents also feel that if they serve a larger quantity, the child will be happy... No, it's about their body... And for this, it's not about richness or poverty; it's about utilizing what's available. Everything is present there... even the cheaper options that can cater to our nutrition. And that's why balance in our diet... is equally important for our health.

And then there's exercise - whether you do wrestling-type exercises or not, that's a different matter... but you should exercise for fitness. Just like brushing your teeth daily... similarly, no compromise... exercise should be done. I have seen some kids who go to the roof with their books... they keep studying... manage both tasks... there's nothing wrong with that. They study and get some sunlight too... they also get some exercise. You should find some way to keep yourself physically active. You should dedicate 5 minutes, 10 minutes to physical activity. If you can do more, it's great. If you incorporate these things easily, amidst the stress of exams, everything will work out. If you don't do these, it won't work out. Maintain balance, it will benefit you greatly. Thank you.

Presenter - PM Sir, you have also given us the same message in Exam Warrior... The more you play, the more you will shine. Thank You PM Sir. Madhumita Mallick, a student of Kendriya Vidyalaya from North 24 Parganas, West Bengal, a state rich in artistry and skills, the immortal land of Rabindranath Tagore, wants to ask us a question through virtual medium. Madhumita, please ask your question.

Madhumita – Hon'ble Prime Minister, Namaskar. My name is Madhumita Mallick. I am a student of class 11th Science at Kendriya Vidyalaya Barrackpore (Army), Kolkata Region. My question to you is what advice would you give to those students who are uncertain about their career or feel pressured to choose a specific career or profession? Please provide me guidance on this subject. Thank you, sir.

Presenter: Thank you, Madhumita. PM Sir, Aditi Tanwar, a student of The Millennium School, Panipat, Haryana, the land of the teachings of Lord Krishna, and the state of brave athletes, has joined us through an online medium and seeks guidance from you. Aditi, please ask your question.

Aditi Tanwar: Respected Prime Minister, Namaskar. My name is Aditi Tanwar, and I am a student of class eleven at The Millennium School, Panipat, Haryana. My question to you is that I have chosen humanities as my subject, and people often mock me for it. I like this subject, which is why I chose it. But sometimes, it becomes difficult to handle these taunts. How can I manage them and overlook them? I seek guidance from you on this matter. Thank you, sir, Namaskar.

Presenter: Thank you, Aditi. Madhumita, Aditi, and some other students experience pressure in choosing a career in their lives. Sir, how can we solve the problem of the mental pressure of choosing a

particular career or stream?

Prime Minister: I don't think you are confused yourself. I don't believe you are personally in a state of confusion. The reality is that you lack confidence in yourself. You have doubts about your own thinking. That's why you keep asking 50 people, "What do you think if I do this... what do you think if I do that?" You don't know yourself. And because of that, you become dependent on someone else's advice. And the person who seems more appealing to you, and whose advice seems the simplest, you adopt that. For example, I said those who play will achieve a lot; those who go home with this resolution... Modi ji said, "Play and shine." Now I won't study because... he has chosen what he likes.

I think that the worst situation is confusion... indecisiveness. Indecisiveness... you must have heard the old story... Someone was driving a car and a dog couldn't decide, should I go this way or that, and in the end, he ended up dying under the car. That's what happens... if he knew that going that way might save them, then maybe the driver could have saved them. But going here... going there... then no matter how expert the driver is, he won't be able to save. We should avoid uncertainty as well as indecision. And before making a decision, we should weigh all the options as much as possible.

The second thing is, sometimes some people think that cleanliness is such a trivial matter. Now, if we look at it from the perspective of the Prime Minister, is it a very trivial matter or not? Anybody might say, "Oh, the Prime Minister has so many tasks... he keeps talking about cleanliness." But when I delved into it, every time I devoted my attention to it, I found it to be a significant tool. Today, cleanliness has become the

prime agenda of the country, hasn't it? Cleanliness was a small issue, but when I put my heart into it, it became very significant. Therefore, let's not think... You must have seen that sometimes you couldn't finish reading something completely, but your attention was caught when someone said that in the last ten years, Bharat's market in the field of art and culture has increased 250 times. Earlier, if someone used to paint, parents would say, "Study first. Do painting in the vacations." They didn't realize that painting could also be an important aspect of life. And that's why we shouldn't underestimate anything. If we have the capability, we will infuse it with significance. We should have the capability. And whatever you take in your hands... immerse yourself in it completely... but if we are half-hearted... "He took this... I should have taken that, it might have been better." This dilemma can land you in a lot of troubles.

Today, the National Education Policy has made things much easier for you. You are excelling in one field, but if you feel like trying something else, you can shift. You can change your stream. There is no need for you to be bound by any particular stream; you can progress on your own. And that's why now, in education too ... I was just watching an exhibition, I was seeing how the talent of children is being showcased, it's really impressive.

The government's I&B ministry which communicates the government's schemes... these children have done a much better job than the people managing the ministry. The importance of 'Nari Shakti' (women power) has been portrayed so brilliantly. This means that we should be decisive in any situation. Once you get into the habit of being decisive, confusion disappears. Otherwise, you must have seen that sometimes we go to a restaurant with

our family... Remember? I don't get the opportunity, but you might. You go to the restaurant... At first, you think I'll order this... then you see something on the next table and say no, I won't order this. Then you see the waiter bringing something else. Then you decide against your orders. "Okay, cancel my two orders, bring me that." Now, his stomach will never be satisfied. He will never be content, and when the dish arrives, he'll think, why didn't I order the previous one, it would have been better. People who can't make decisions at the dining table can never enjoy the restaurant or the food. You have to become decisive. If your mother asks you every morning what you want to eat today and presents you with 50 varieties... What will you do? After thinking for a while, you will eventually come back to what you eat regularly.

I understand that we need to develop the habit of being decisive. Before making a decision, we should look at 50 things in detail, see their pros and cons, ask someone for the pros and cons... but after that, we should be decisive. And that's why confusion is not good for anyone in any situation. Indecision and indecisiveness are bad, and we should come out of it. Thank you.

Presenter - Sir, success lies in the clarity of decision-making... Your statement will always be remembered. Thank you. Deepshri, a student of Government Higher Secondary School, Sedarapet, a renowned city in Puducherry known for its serene beaches, picturesque streets, and cultural diversity, is among us in this auditorium and wishes to ask her question. Deepshri, please ask your question.

Deepshri - Namaste, Vanakkam Hon'ble Prime Minister sir.

Prime Minister – Vanakkam, Vanakkam.

Deepshri – My name is Deepshri. I am from Government Higher Secondary School, Sedarapet, Puducherry. My question is how we can build our trust in our parents that we are working hard. Thank You Sir.

Presenter - Thank you, Deepshri. Mr Prime Minister, how can we convince our parents that we are working hard? Deepshri seeks guidance from you on this matter.

Prime Minister - You have asked a question, but behind the question is another question in your mind, which you are not asking. The second question is that there is mistrust in the entire family. There is a trust deficit, and you have analysed the situation very well. You presented your question in such a way that no one in the house gets angry, but it is a matter of concern, for both the teachers and the parents. What is the reason that we are experiencing a trust deficit in our family life? If we experience trust deficit in family life, then this is a matter of great concern. And this trust deficit does not occur suddenly... It happens after a long period. And that's why every parent, every teacher, every student should keep analyzing their behaviour very carefully. After all, why don't parents trust my words... somewhere there must have been such things that led them to change their mind towards me? Sometimes you might have told your parents that you are going to meet your friend and if parents later find out that you didn't go there, then the trust deficit begins. She had said she would go there, but later when the parents found out that she didn't go there but you said that I had decided to go there but my mind changed on the way, so I went somewhere else. So this situation of trust deficit will never arise. And as a student, we should definitely think about it. For example, you said, "Mom, you sleep, don't worry, I'll study." And if Mom quietly finds out that

you are sleeping, then there will be a trust deficit. Your Mom would feel that he said he would study, but he is not studying, he is asleep.

You said you wouldn't touch the mobile phone for a week, but Mom is quietly noticing that you are using the phone ... so then the trust deficit arises. Do you truly follow what you say? If you do, then I don't believe that parents or teachers will create such a situation of trust deficit, a cause of disbelief towards you. In the same way, parents should also think. Some parents have such habits, like suppose a mother has cooked a very good meal and the son comes. For some reason, he is not in the mood to eat or has eaten very little, so what will the mother say... hmm, you must have eaten somewhere on the way, surely you must have eaten your fill at someone's house. So then it hurts him and he doesn't tell the truth. Then to keep the mother happy, whether he likes it or not, he eats a bit. This is how the trust deficit develops. Every household must be experiencing this situation. For example, your mother or your father might have given you money and told you that 100 rupees is for you for a month. This is your pocket money. And then they ask you every third day, what did you do with that 100 rupees? You gave the money for 30 days, didn't you? He has not come to you asking for more money. So, have trust in him. If you didn't have trust in him, then you shouldn't have given the money to your son. In most cases, it happens with parents. They ask every day about 100 rupees... There's a way to ask, someone might say - Son, we didn't have much money that day, hence we gave you only 100 rupees. Don't worry, if you need more, tell me. So that son would not feel otherwise that his parents gave him 100 rupees ... Now you are clapping because it was to your liking.

Instead of asking what you did with that 100

rupees, if they say that if you require more tell us, the son will definitely say, "Mom, I have money, it's sufficient for me." That is how our way of communicating with each other should be. It is the same with the education, our expectations from our children. "Why didn't you get good marks? You don't study, you don't pay attention, you don't sit in class, you must be wasting your time by chatting with your friends." Try to understand. They might have money, they might have gone to watch a movie or they might be watching reels on their mobile phones. Then both the parents and the child indulge in a kind of conversation which leads to the growing distance. Firstly, trust ends, then distance increases, and this distance sometimes pushes children towards depression. And that's why it is very necessary for parents to realize what they say.

Similarly, teachers should be forthright with their students so that they can easily express themselves. If a student doesn't understand a question, a teacher should explain without rebuking. Sometimes what happens is that they say "You won't understand anything, don't waste your time and sit here quietly." Sometimes what teachers do is that they become very fond of the 4-5 talented students, they get attached to them, while they don't bother about the rest of the class, whether there are 20 or 30 students. The teachers leave those students to their destiny. They invest their attention in these 2-4 students, praising them continuously, solely focusing on their results. Now, how much those students can progress is a different matter, but they let down the rest of the students. Therefore, please treat all students as equal. Treat everyone equally. Yes, whoever is sharp will progress himself. But for those who need it the most, if you appreciate their qualities, even symptomatically,

it will do wonders.

Sometimes there might be a child who is weak in studies, but his handwriting is good. The teacher can boost his confidence by going to his seat and telling him, "Wow, your handwriting is very excellent. How smart you are." If there's a dull student in a class, and you tell him, "Hey, your clothes are very neat, your clothes are very nice." He will develop confidence within him. He will start opening up with you and will start talking to you because he will feel that you are paying attention to him. If this natural environment is created, I believe there will be no trust deficit. However, it's not just the responsibility of teachers but also of students. We should introspect about what actions of mine led the family members in our homes to lose trust in me. Under any circumstances, the trust of our family, our teachers should not be lost in us because of our behaviour.

Another thing I think we can try in the family... Let's assume your son or daughter has five friends. Make it a point that all five families will gather together once a month, for two hours, rotating among each family each month. Everyone, young and old, will participate; it's not like two people will be left at home. If the parents of 80-year-olds are physically fit, they should also join. Then, it should be decided that the mother of one of the friends will narrate a positive story from a book. Next time, the same thing should be done with a difference at the house of a friend whose turn has come to host the event. His father will share the story of a positive movie which he has watched. Whenever you have a one-hour get-together, focus only on examples and discuss positive things, without any references. You'll see that positivity will gradually permeate. And this positivity will not only be towards your children but will also create an environment of

trust within each individual. You'll all become a unit, helping each other, and I believe we should keep experimenting with such practices. Thank you.

Presenter - PM Sir, trust is important in families, and your message will bring happiness to our homes. Thank you, PM Sir. Mr. Chandresh Jain, a parent from the holy city of Pune, Maharashtra, the birthplace of Chhatrapati Shivaji Maharaj and social reformer Mahatma Jyotiba Phule, is joining this program online. Chandresh Jain ji wishes to ask you a question, Prime Minister. Chandresh ji, please ask your question.

Chandresh Jain – Hon'ble Prime Minister ji, greetings to you. My name is Chandresh Jain, and I am a parent. I have a question for you: don't you think that nowadays children have stopped using their brains and have become more dependent on technology because everything is available at their fingertips? How can one enlighten this younger generation to aspire to be masters of technology rather than its slaves? Please provide guidance. Thank you.

Presenter: Thank you, Chandresh ji. Mrs. Pooja Srivastava, another parent from Ramgarh district in Jharkhand, the birthplace of the tribal leader and freedom fighter Birsa Munda, has joined this program through online medium. She wishes to seek a solution to her concern by asking a question to the Prime Minister. Pooja, please proceed with your question.

Pooja Srivastava : Hon'ble Prime Minister Sir. My name is Kumari Pooja Srivastava. I am a parent of Priyanshi Srivastava studying in Shri Gurunanak Public School, Ramgarh, Jharkhand. Sir, I want to ask how I can manage my daughter's studies by using social media platforms like Instagram, Snapchat, Twitter. Please guide me on this. Thank You Sir.

Presenter: Thank you, Ma'am. Abhinav Rana, a student from T.R. DAV School Kangoo in the foothills of the Shivalik Mountains in Hamirpur district, Himachal Pradesh, is joining us online. He wishes to ask a question to the Prime Minister. Abhinav, please go ahead and ask your question.

Abhinav Rana – Hon'ble Prime Minister Sir, Namaskar. My name is Abhinav Rana, I am a student of T.R. DAV Public Senior Secondary School Kangoo Distt. Hamirpur, Himachal Pradesh. Sir, my question is how can we educate and encourage students to manage exam stress effectively while also harnessing the benefits of mobile technology as a tool for learning rather than let it become a distraction during precious study periods. Thank You Sir.

Presenter: Thank you, Abhinav. Prime Minister Sir, many individuals like Chandresh Jain, Pooja, and Abhinav are concerned about the increasing pressure of social media and technology in their lives. How can they protect themselves from these adverse effects? Please provide appropriate guidance on this matter.

Prime Minister – Look, it has been said in our scriptures and also in everyday life that excess of anything is not good. Everything should have a limit; it should be based on that. Suppose, your mother has made a very good meal... it's rich in nutrition... the taste is to your liking... it's also mealtime... but you keep eating, eating, eating, she keeps serving. Is this possible? Is it possible? At one point, you will have to tell your mother... no mom, that's enough, I can't eat anymore. Do you do it or not? It was your favourite dish, rich in nutrition of all kinds, it was mealtime, yet there comes a stage when that food can trouble you, make you vomit, deteriorate your health, no matter

how much you love it... You have to stop. Do you have to stop or not?

Similarly, there are many things on mobile phones which you like. There are many things, but still some time has to be fixed. I have seen these days... many people whenever you see... seem addicted to mobile phones. You might have also noticed the mobile phone in my hand sometime... You will rarely find a mobile phone in my hand. Because I know what is the most productive use of my time. While I also believe that the mobile phone is also a very necessary tool for information for me. But how to use it... how much to use... I should have discretion about it. Today it is the concern of every parent. There may hardly be any exception. Parents themselves might be stuck on mobile phones all day, but they want their child to stay away from it. And you might have seen... the biggest disadvantage of it ... it distorts your life. If you look at your family, four people in the house are sitting in four corners and forwarding messages to each other. They won't get up and show the mobile phone to others saying that they have received this message. Why? It is a secret. This has also led to creating a lot of distrust nowadays. If the mother touches the mobile phone, a storm sweeps the house. "Who are you to touch my mobile phone" ... this happens or not.

I am of the view that there should be some rules in the family. For example, no electronic gadgets should be on the dining table while eating. No means, nothing at all. Everyone will engage in conversations, chitchat while eating. We can follow this discipline in the house... I have said it before, I say it again... no gadget zone, which means no entry of gadgets in one particular room. We will sit, talk and chat. It's necessary for the atmosphere of warmth within the family.

Thirdly, now we can't avoid technology, we shouldn't consider technology a burden, we shouldn't run away from technology, but it is equally essential to learn its proper usage. If you are familiar with technology... your parents may not have full knowledge... your first task should be to discuss with them what all is available on the mobile phone today... educate them... Take them into confidence and show them that you get the important information regarding Maths, Chemistry, or History. I see mobile phone for this purpose and you should also see. So they will also take some interest, otherwise what will happen... every time they will think that you are stuck with your friends on the mobile phone, or you are watching reels on the mobile phone. If they know that there are these valuable things in it, they will not disprove it. However, it doesn't mean showing great things to make parents fools and then doing something else... that can't happen. Everyone in our family should know what's going on. If the lock code of our mobile phones is known to everyone in the family, what harm will it cause? If every member of the family knows the lock code of everybody's mobile phone... if such transparency comes, you'll be saved from many troubles. In other words, everybody will be having a separate mobile phone, but if its password is known to everyone, then it will be good.

Additionally, you can also download apps that monitor your screen time. They will tell you how much screen time you have had today, how much time you have spent here. You have spent this much time... it gives you messages right on the screen. It alerts you. The more such alert tools there are, the more we should integrate them with our gadgets so that we also know... yes buddy, it's been too much now, I should stop... at least it alerts us. At the same time, how

can we use it positively? For instance, if I'm writing something, but... I can't find a good word, so I need a dictionary.

I can take advantage of the digital system. Suppose I'm doing something and I don't remember any arithmetic formula. Let's say I've taken the support of a digital tool and asked it. What happened? It will be beneficial, but if I don't even know what features my mobile phone has, then what will I use? And that's why I feel that sometimes we should discuss the positive aspects of mobile phones even in the classroom. What things can be used positively. Sometimes we should spend 10-15 minutes in the classroom discussing these features. A student will share his experience, saying that I found that website and it's a good website for the students. I saw that website, it provides good learning for that subject and good lessons are available there. Suppose a tour is planned, we have a tour program and children are going to Jaisalmer. Everyone should be told to go online, make a complete project report on Jaisalmer. So the habit of using it in a positive way should be developed. Students should realise that there are many facilities available to help them. The more positive use you have, the more benefit you will get. And I urge you not to run away from it. But we need to use everything wisely and with transparency in the whole family. If we have to sneak around and see, then something is wrong. The more transparency there is, the more benefit there will be. Thank you very much.

Presenter: Thank you, PM Sir. Balance is crucial for success in life. This mantra will guide us on the right path. Thank you. Hailing from Chennai, the capital of Tamil Nadu and Mahakavi Subramanya Bharathi's birthplace, a student from Model Senior Secondary

School, M. Vagesh, has joined us online, and he would like to ask a question to the Prime Minister. M. Vagesh, please ask your question.

M. Vagesh – Hon'ble Prime Minister Sir Namaste, My name is M Vagesh, I am a student of Modern Senior Secondary School, Nanganallur Chennai. My question is how you handle stress and pressure in the super strong position as a Prime Minister, what is your key factor of controlling stress. Thank you.

Prime Minister: Do you also aspire to become one? Are you preparing for it?

Presenter: Thank you, M. Vagesh for your question. This is the last question of today's discussion. Sneha Tyagi, a student from Dynasty Modern Gurukul Academy in Udham Singh Nagar, Uttarakhand, renowned for its natural beauty, is joining us online and would like to ask a question to the Prime Minister. Sneha, please go ahead and ask your question.

Sneha Tyagi: Divine, incomparable, with unparalleled courage, you are the creator of several eras, the marvelous future of Incredible India. Respectful Prime Minister Modi ji, I offer my humble respects to you from Devbhoomi Uttarakhand. My name is Sneha Tyagi. I am a student of Class Seven at Dynasty Modern Gurukul Academy, Chhinki Farm, Khatima, Udham Singh Nagar. My question to the Hon'ble Prime Minister is, how can we become as positive as you? Thank you, sir.

Presenter: Thanks, Neha. Prime Minister ji, how do you handle pressure in your busy life, and despite facing so much pressure, how do you always stay positive? How do you manage to do all this? Please share the secret of your positive energy with us, Prime Minister ji.

Prime Minister - There could be many answers to this. Firstly, I am glad that you understand the pressure the Prime Minister has to endure. Otherwise, you might think it's just a matter of flying in airplanes, helicopters, what does he have to do, just go from here to there, but you know it's much more than that, day in and day out. In fact, in everyone's life, there are many additional things beyond their situation that they have to manage. Things that they didn't anticipate, such things come into personal life, into family life, and then they have to handle them too. Now, it's human nature that when a big storm comes, some might say let's sit for a while and then leave when it is over or if there is some crisis, we wait for it to pass. Perhaps such people cannot achieve much in life. My nature is such that I consider every challenge as an opportunity. I find it very useful. I challenge every crisis. I don't sleep over expecting that challenges will come and situations will improve. And because of that, I get the opportunity to learn new things. New ways, new experiments and new strategies to deal with every situation ... This is my way and it is evolving naturally as part of my growth. Secondly, I have immense confidence within me. I always believe that whatever it is, I have 1.4 billion fellow citizens with me. If there are 100 million challenges, then there are solutions in billions. I never feel alone, I never feel like it's all up to me. I always know that my country is strong, its people are strong, the minds of my country's people are strong, and we will overcome every challenge. This fundamental belief is the cornerstone of my thinking. And because of this, I never feel like, "Oh, this crisis has befallen on me, what I will do?" I think, "No, no, there are 1.4 billion people, they will handle it." Okay, if I have to lead, and if something goes wrong, I'll have to take the blame. But I am working to enhance the strength of my country, and therefore, I am investing my energy in

enhancing the capabilities of my fellow citizens. And the more I empower my fellow citizens, the stronger our ability to face challenges will grow.

Every government in the country had to struggle tackling the poverty crisis. This crisis exists in our country. But I didn't sit back in fear. I searched for its solution, and I thought, who is the government to eradicate poverty? Poverty will only be eradicated when every poor person decides to defeat poverty by himself. If he only dreams then he may not realize it. So, it becomes my responsibility to make him capable of fulfilling that dream, to give him a pucca house, to provide him with toilets, to provide education facilities, to ensure that he gets the benefit from the Ayushman scheme, to provide water supply to his home. If I free him from the things that he has to struggle with every day in his life, if I empower him, then he will also develop this belief that he will be able to defeat poverty. And you see, in my tenure of these ten years, 25 crore people have come out of poverty in the country. Had I continued with the same way the previous governments, it could not be possible. And that's why I strive to trust in the strength of the country, in the resources of the country. When we look at all these things, we never feel alone. What should I do? How should I do it? I'm just a tea seller, what will I do? I can't think like that. I should have complete confidence, and therefore the first thing is to have immense trust in those for whom you are working. Secondly, you need to have the discernment of right and wrong, what is necessary now, what can be dealt with later. You need the ability to prioritize. It comes from experience, from analyzing everything. I make this attempt. Thirdly, even if I make a mistake, I accept it as a lesson for me. I don't consider it a cause for disappointment. Now, you see how severe the crisis of

COVID was. Was it a minor challenge? The whole world was stuck. Now, for me too, it was like what should I do? I could have said, "What can we do now? This is a global disease, it has come from all over the world and everyone should take care of themselves." But I didn't do that. I came on TV every day, talked to the countrymen every day, sometimes asked them to clap, sometimes asked them to beat thalis, sometimes asked them to light a lamp. That act doesn't end Corona. But that act gives birth to a collective strength to fight against Corona, bringing out collective strength.

Now see, earlier also our players used to go to the field of sports, sometimes someone would win, sometimes no one would win. No one took care of those who went out to play and returned after the tournament was over. However, I said that I will myself beat the drums even if they win three medals. So gradually, the same children developed the ability to win 107 medals. They had the potential. However, the right direction, the right strategy and the right leadership leads to results. Those who have the capability should use it appropriately. And for me, a principle of governance has been that for running a good government, you need perfect information for solving these problems, coming from bottom to top, and perfect guidance going from top to bottom. If these two channels are perfect and their communication, their systems, their protocols are improved correctly, then you can manage things.

Corona is a major example. And that's why I believe that there is no reason to feel disappointed in life, and if once you decide that there is no room for disappointment, nothing comes except positivity. And all the doors of disappointment are closed for me. I haven't left any corner or even a small window open

for disappointment to creep in. And you must have seen that I never crib. I don't know what will happen, whether he will come to us or not, whether he will clash with us, it keeps happening. We are here for what, and therefore I always believe in life filled with self-confidence and about our goals. And the second thing is when there is no personal interest then there is never any doubt in making decisions. And that's a very big asset for me. It's not about me, it's not about me at all, it's only and only for the country. And it's for you, so that your parents who have gone through those difficulties, I don't want you to go through those difficulties. We have to create such a country, friends, so that even your future generations, your children, feel that within such a country, we can thrive completely, show our capability, and this should be our collective determination. This should be our collective resolve, and results will follow automatically.

And therefore, my friends, positive thinking is a great strength in life. Even in the worst situations, a positive outlook can be maintained. We should strive to see the positive side of things. Thank you.

Presenter: Prime Minister Sir, you have addressed all our questions with utmost simplicity and clarity. We, along with our parents and teachers, will always be grateful to you. We will always remain exam warriors, not worriers. Thank you, Hon'ble Prime Minister ji.

Prime Minister: Are all the questions done?

Presenter – कुछ परिदे उड़ रहे हैं आंधियों के सामने,

कुछ परिदे उड़ रहे हैं आंधियों के सामने,

उनमें ताकत है सही और हौसला होगा जरूर,

इस तरह नित बढ़ते रहे तो देखना तुम एक दिन,

तय समंदर तक कम फासला होगा जरूर,

तय समंदर तक कम फासला होगा जरूर ।

(Some birds are flying in the wake of the storms,

Some birds are flying in the wake of the storms,

They have strength, and surely there will be courage,

If they continue to move forward like this every day,

One day, the ocean will surely be closer,

The ocean will surely be closer.)

Prime Minister: You must have noticed how these children are anchoring. You too can do all this in your school or college, so definitely learn from them.

Presenter – As the distinguished morning of 'Pariksha Pe Charcha 2024' concludes, we extend our sincere gratitude to Hon'ble Prime Minister, Shri Narendra Modi ji, for his wise counsel and inspirational touch. Today, Prime Minister Sir has exemplified the attributes of teaching as identified in the book Nannul. His suggestions have resonated and ignited the spirit of myriad of students, teachers and parents across our nation. Thank you once again PM Sir.

Prime Minister: Ok, friends. Thank you all very much. And I hope that with this same enthusiasm, you will also instill confidence in your families, fill yourselves with self-confidence, achieve good results, and make a habit of living a life with aspirations. And what you desire, you will achieve those results. My best wishes to all of you. Thank you.

DISCLAIMER: This is the approximate translation of PM's speech. Original speech was delivered in Hindi.