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केन्द्रीय मुक्त विद्यालयी शिक्षा एवं परीक्षा बोर्ड

(शासकीय संविधान के अनुच्छेद 19(1)(सी) एवं 19(1)(जी) तथा मानव संसाधन एवं विकास मंत्रालय, भारत सरकार के अंतर्गत एक स्वायत्त संस्थान)

पंजीकृत कार्यालय : चतुर्थ तल, प्राईमप्लाजा, इंदिरानगर, लखनऊ- 226016

कैम्प कार्यालय : सी-91 जे.जे.वल्स्टर पीरागढ़ी कैंप, नई दिल्ली-110056

CENTRAL BOARD OF OPEN SCHOOLING AND EXAMINATION

(An Autonomous organization under Article 19(1)(C) and 19(1)(G) of the Constitution of India and under the Ministry of Human Resource Development, Government of India)

पत्रांक संख्या

Ref. No.: CBOSE/AO/8031

दिनांक:

Date: 12/02/25

Circular

To,

All the Heads of Schools affiliated to CBOSE

Subject: Pariksha Pe Charcha 2025 – reg.

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

Adding a fresh dimension, the PPC 2025 will feature renowned personalities from diverse fields who will share their experiences and knowledge, guiding students on key aspects of life and learning, in 7 subsequent episodes of PPC. These episodes, focussing on varied issues include:

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

These episodes will be broadcast live from 12th February to 15th February, 2025 at 10:00 am by Doordarshan through DD National, DD News and DD India etc. Some other TV channels would also

broadcast the programme live. These will also be available through live airing on radio channels (All India Radio Medium wave, All India Radio FM channel) Live web streaming on websites of PMO, Ministry of Education, Doordarshan, MyGov.in and YouTube channel of Ministry of Education, Facebook Live and Swayamprabha channels of Ministry of Education. The same can be viewed online on the following link: https://www.youtube.com/watch?v=DrW4c_ttmew

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

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

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

With best wishes!

Copy with a request to respective Heads of Directorates as indicated below to also disseminate the information to all concerned schools under their jurisdiction:

1. All Regional Directors/Regional Officers of CBOSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
2. All Joint Directors/Deputy Directors/Assistant Directors, CBOSE
3. In charge IT Unit with the request to put this circular on the CBOSE websites
4. The Assistant Librarian, CBOSE
5. The Public Relations Officer, CBOSE
6. PS to Chairperson, CBOSE
7. SPS to Secretary, CBOSE
8. Guard File



Organization Secretary
Central Board of Open Schooling and
Examination, New Delhi