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A Report on "PRIKSHA PE CHRACHA 2025" Organized by NSS CELL On 10-02-2025

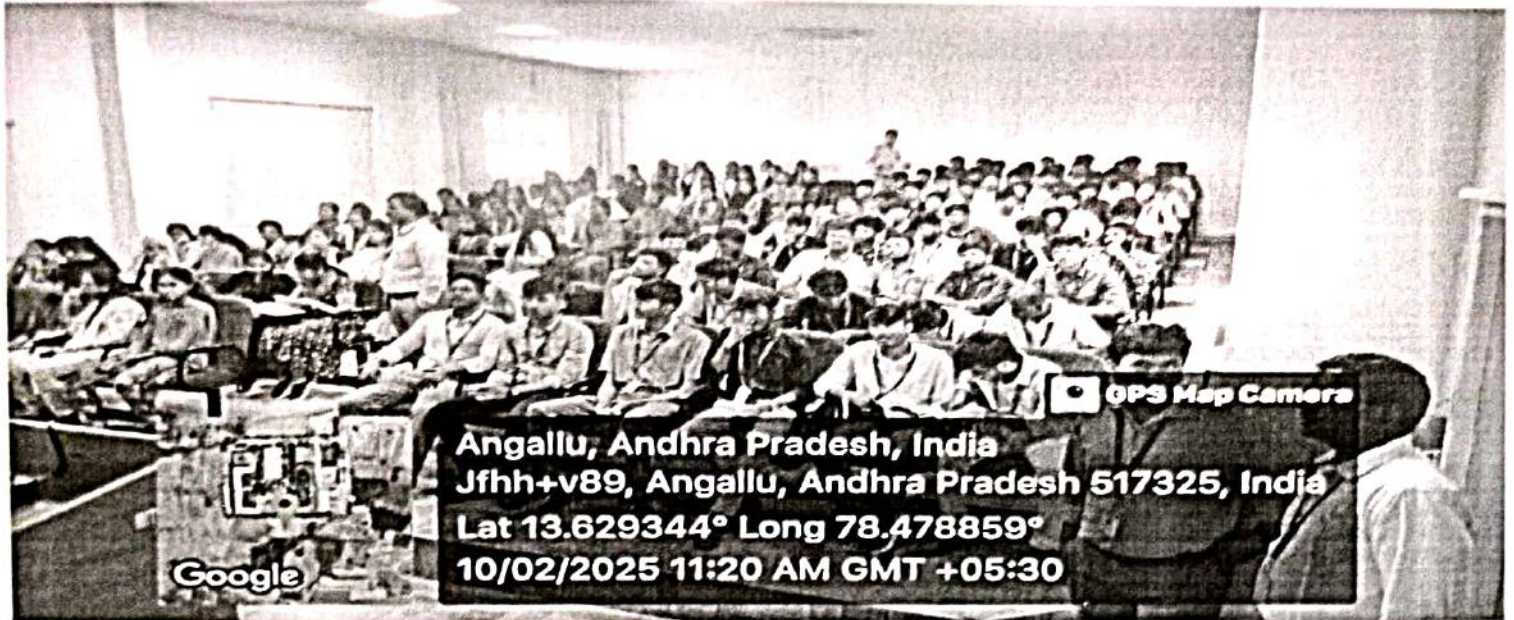


Report Submitted by: Mr.Pujari Rajesh, Assistant professor,
Department Mechanical.

Attendance: 115 participants (Students&Faculty)

Introduction :

Pariksha Pe Charcha 2025, an interactive initiative led by Prime Minister Narendra Modi, continues to inspire students by addressing exam-related stress, effective time management, and the importance of a balanced life. Held on February 10, 2025, at Bharat Mandapam, New Delhi, this year's event brought together students, teachers, and parents for an engaging discussion on overcoming academic pressures while maintaining personal well-being.



A special emphasis was placed on holistic development, leadership, and social responsibility, with recognition of the **National Service Scheme (NSS)** for its role in shaping well-rounded individuals. By integrating academics with extracurricular activities, including community service, students can develop essential life skills that prepare them for both professional and personal success. Through this session, PM Modi encouraged students to embrace challenges with confidence, adopt effective time management strategies, and actively contribute to society—ensuring a future where academic excellence and personal growth go hand in hand.

Event Highlights :

Pariksha Pe Charcha 2025 was an engaging and insightful session where Prime Minister Narendra Modi interacted with students, teachers, and parents, providing valuable guidance on exam preparedness, stress management, and personal growth. The event focused on helping students develop a **positive and confident approach toward exams**, encouraging them to view challenges as opportunities rather than obstacles. PM Modi emphasized **strategic time management**, advising students to allocate more time to difficult subjects while maintaining a structured yet flexible study routine. He also discouraged last-minute cramming and highlighted the importance of **consistent preparation and revision**.

Beyond academics, the Prime Minister stressed the significance of **holistic development**, urging students to engage in extracurricular activities that nurture creativity, leadership, and emotional well-being. Special recognition was given to **National Service Scheme (NSS) volunteers**, acknowledging their role in fostering social responsibility and teamwork. He encouraged students to actively participate in **community service**, as such experiences help build resilience, discipline, and a sense of purpose.

Additionally, PM Modi underscored the importance of **physical and mental well-being**, advising students to incorporate regular exercise, meditation, and a healthy lifestyle to maintain focus and productivity.

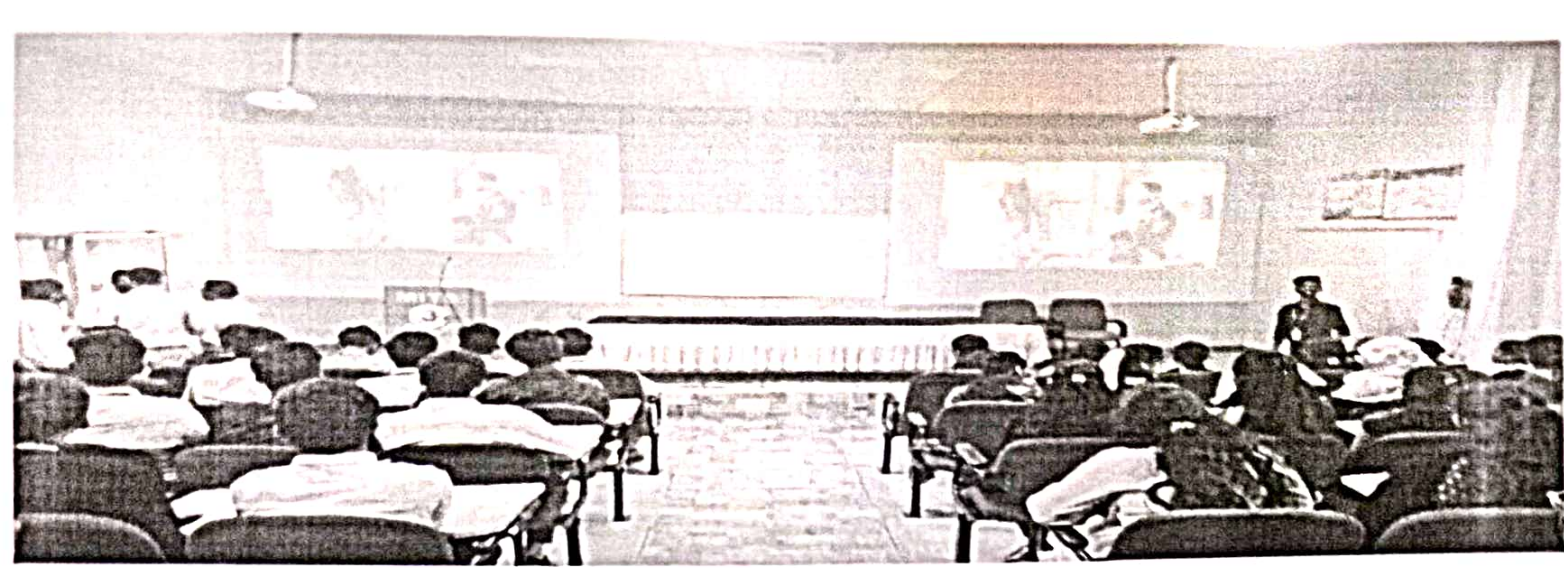


The event also featured inspiring insights from notable personalities, including Sadhguru, Deepika Padukone, Mary Kom, and Avani Lekhara, who shared their experiences in handling pressure, achieving success, and maintaining a balanced life. With over 3.30 crore students, 20.71 lakh teachers, and 5.51 lakh parents participating, Pariksha Pe Charcha 2025 continued to be a transformative platform, reinforcing the idea that true success is a combination of academic excellence, personal well-being, and social contribution.

Event Process :

The students of MITS, along with the National Service Scheme (NSS) volunteers, actively participated in the Pariksha Pe Charcha 2025 seminar, making it a memorable and impactful experience. The event was organized to provide students with valuable insights from Prime Minister Narendra Modi, focusing on exam preparation, stress management, and the importance of maintaining a balance between academic and personal life.

Leading up to the event, NSS volunteers at MITS played a crucial role in mobilizing students, ensuring maximum participation, and spreading awareness about the significance of this interaction. They organized pre-event discussion sessions, where students shared their exam-related concerns and prepared thoughtful questions for the Prime Minister. The NSS team also coordinated the registration process, ensuring that students from various academic backgrounds could engage in the seminar.



On the day of the event, the students of MITS and NSS members gathered in a specially arranged seminar hall, where they joined the live interaction. During the session, they attentively listened to PM Modi's valuable advice on handling academic pressure, managing time effectively, and staying mentally strong. The Prime Minister's encouragement to engage in community service, extracurricular activities, and leadership programs resonated deeply with the NSS volunteers, reinforcing their commitment to social responsibility alongside academic excellence.

Post-event, the NSS team at MITS conducted a reflection session, where students discussed the key takeaways from the seminar and shared how they planned to implement the advice in their daily lives. This session also included motivational discussions on how NSS activities contribute to overall personality development, aligning with PM Modi's vision of holistic education.

The active involvement of MITS students and NSS volunteers in Pariksha Pe Charcha 2025 not only provided them with invaluable life lessons but also strengthened their understanding of the importance of self-discipline, community engagement, and personal growth. The event served as a transformative learning experience, inspiring students to excel in both academics and social responsibilities.

Acknowledgments

We extend our heartfelt gratitude to Honorable Prime Minister Shri Narendra Modi for organizing Pariksha Pe Charcha 2025, an insightful and motivational session that provided invaluable guidance to students across the nation. His words of wisdom on exam preparedness, stress management, and holistic development have deeply inspired us to strive for academic excellence while maintaining a balanced personal life.

We sincerely thank the National Service Scheme (NSS) unit of MITS for their unwavering dedication in mobilizing students, coordinating registrations, and facilitating meaningful discussions before and after the event. Their efforts ensured active participation and helped in spreading awareness about the importance of holistic learning and social responsibility.

Gratitude Message for Faculty:

A special note of appreciation goes to the faculty, mentors, and administrative staff of MITS, whose support and encouragement enabled students to take full advantage of this interactive session. Their guidance has been instrumental in fostering a culture of learning, leadership, and community engagement among students.

Lastly, we express our gratitude to all the participating students, whose enthusiasm and curiosity made this event a truly enriching experience. The valuable lessons learned from this seminar will continue to inspire us to face academic challenges with confidence, contribute to society through NSS initiatives, and work towards a balanced and fulfilling future.

Closing:

The Pariksha Pe Charcha 2025 seminar was an enlightening and transformative experience for the students of MITS and NSS volunteers, providing valuable insights into exam preparedness, stress management, and holistic development. The interaction with Prime Minister Narendra Modi reinforced the importance of self-discipline, time management, and community engagement, inspiring students to approach their academic and personal lives with confidence and balance.

As we conclude this event, we take forward the key lessons learned—embracing challenges with a positive mindset, prioritizing both academic excellence and well-being, and contributing to society through NSS and leadership initiatives. The motivation and wisdom shared during this session will serve as a guiding force for students to achieve their goals while upholding values of discipline, responsibility, and perseverance.

With renewed enthusiasm and commitment, we look forward to implementing these teachings in our daily lives and continuing to grow as responsible individuals and future leaders. Pariksha Pe Charcha 2025 was not just an event but an inspiration, and its impact will be reflected in our journey ahead.

With Regards,

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