



प्रियंक कानूनगो
Priyank Kanoongo
अध्यक्ष
Chairperson

भारत सरकार
GOVERNMENT OF INDIA
राष्ट्रीय बाल अधिकार संरक्षण आयोग
NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS
नई दिल्ली-110 001
New Delhi - 110 001



D. O. No. 2801/25/2020/Media/NCPCR/114446
Date: 27/12/2019

To,

Mr. Gerry Arathoon,
CEO & Secretary,
Council for the Indian School Certificate Examinations
P 35-36, Sector VI
Pushp Vihar, Saket
New Delhi - 110017

Subject: Regarding celebrating Pariksha Parv 2.0

Madam/Sir,

As you may be aware, National Commission for Protection of Child Rights (NCPCR) had launched a-month-long campaign #ParikshaParv during the exam period during February- March, 2019. This campaign was intended to change the outlook/perspective of children towards exams. The details and videos of the sessions in Pariksha Parv 2019 are available at <https://ncpcr.gov.in/index1.php?lang=1&level=1&&sublinkid=1928&lid=1820>.


2. Inspired by Hon'ble PM's Pariksha Pe Charcha and continuing its endeavour towards changing the outlook/perspective of children towards exams and making it a joyful activity, NCPCR is conducting Pariksha Parv 2.0. During Pariksha Pe Charcha earlier this year, Hon'ble PM emphasised the significance of counselling and talking about one's problem. Pariksha Parv 2.0 shall provide a platform to students to talk about their concerns and interact with renowned counsellors and psychologists. This initiative will also help in removing the stigma attached to counselling and promote positive perception. The compendium of counsellors/psychologists thus prepared shall be made available to all concerned. This year, a two-pronged approach shall be followed with the objective to reach out to the teachers and parents in addition to children.
3. In Phase I, the State Commission(s) for Protection of Child Rights (SCPCRs), in collaboration with respective SCERTs, will conduct orientation cum sensitization programme for Head/Principals of District Institute of Education and Training (DIETs) & Headmaster/Principals of Higher Secondary schools by renowned psychologist and/or counsellors. The orientation cum sensitization programme shall be conducted at both district and state level.
4. Thereafter, in the second phase, the following activities shall be conducted;
 - i) Radio spots/jingles from 15th January, 2020 to 31st March, 2020
 - ii) Live streaming sessions from 01st February, 2020 to 31st March, 2020 on Facebook/Twitter/YouTube to enable students to interact with experts to reduce their exam stress.

5वां तल, चन्द्रलोक बिल्डिंग, 36, जनपथ, नई दिल्ली-110 001
5th Floor, Chanderlok Building, 36, Janpath, New Delhi-110 001
दूरभाष /Ph. :011-23478212, 23731583 फैक्स /Fax: 011-23731584
ई-मेल / E-mail : cp.ncpcr@nic.in वेब /Web:www.ncpcr.gov.in

5. NCPCR is in the process of developing a checklist for students to analyse their stress-level due to examination. The same shall be made available on Commission's website at <https://ncpcr.gov.in/index1.php?lang=1&level=0&linkid=113&lid=1879>. In addition, certain *Dos and Don'ts* for teachers and parents shall also be made available.
6. In view of the above, the Commission requests you to join the campaign and extend your co-operation in the following:
- a) Ensure that the following are disseminated among the teachers;
 - i. *Dos and Don'ts* for teachers and parents
 - ii. Schedule of the programme
 - iii. IEC material in form of creatives
 - iv. Information regarding *Pariksha Pe Charcha 2020* scheduled for 29.01.2019 by the Hon'ble PM.
 - b) Place the links provided at point 1 and 5 above on Department's website and circulate the information regarding the campaign among all schools in the state and ensure participation in the live sessions.
 - c) Direct and ensure that all schools, hostels and coaching institutions where children are residing put-up the information on their notice boards, websites and should inform parents, School Management Committees (SMC) members and Parent-Teacher Association (PTAs) as per the medium followed by the school to percolate information. The same shall also be announced by schools during morning assembly.
 - d) Encourage students, teachers and parents to join NCPCR's live streaming sessions to address their queries pertaining to examination stress at https://twitter.com/NCPCR_ and <https://www.facebook.com/NCPCR.Official>.
 - e) Follow NCPCR's website (<http://ncpcr.gov.in/>), Twitter account (https://twitter.com/NCPCR_), and Facebook page (<https://www.facebook.com/NCPCR.Official/>) for further updates and publish the same on your department's website/social media accounts.
7. Your co-operation is essential for successfully carrying out the campaign and thereby, ensuring children's 'Right to Development' in a stress free environment.

With regards,

Yours sincerely,


(Priyank Kanoongo)