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NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS
राष्ट्रीय बाल अधिकार संरक्षण आयोग
GOVERNMENT OF INDIA
भारत सरकार



Letter No 2801/38/2022-23/NCPCR/Vol- 1 | DD २७८५

Date: 20/01/2023

To,

The Chairperson/ Regional Officers of CBSE
(As per the attached list)

Subject- Regarding celebrating Pariksha Parv 5.0

Sir/Madam,

Every year National Commission for Protection of Child Rights (NCPCR) runs a month long campaign, celebrating exams 'Pariksha Parv' during the exam period i.e. March- April inspiring from Hon'ble Prime Minister's "Pariksha Pe Charcha". The Commission's mandate is to ensure that all laws, policies, programmes, and administrative mechanism are in consonance with the child rights perspective, as enshrined in the Constitution of India and also the United Nations Convention on the Rights of the Child (UNCRC). The main objective of the Pariksha Parv is to celebrate examination, overcome examination stress by conducting various programmes viz- live streaming interactive sessions through social media of NCPCR by renowned Educationists/ Mental Health experts/Motivational Speakers through Facebook/Twitter/Youtube and Radio Spots/Jingles broadcast through All India Radio (AIR) and Doordarshan.

2. During this year in 2023, NCPCR is proposes to launch "Pariksha Parv 5.0" with the following major activities:-

a) Live Streaming through Social Media of NCPCR-Facebook/Twitter and YouTube on topics related to examination pressure and stress, cyber safety, prevention of drugs and substance abuse, online education, safety and security, POCSO, career counseling etc. will be done wherein renowned persons/experts from Mental Health field, Motivational speakers/Educationist/Cyber law experts will be interacting with children, parents and teachers. The dates for the streaming will be informed after Hon'ble Prime Minister's "Pariksha Pe Charcha". It is requested to encourage students to attend these sessions.

b) Inviting small audio-video messages from students on "Exam Warrior" through NCPCR website (link- <http://parikshaparv.in/> - OPEN FROM 10/01/23 TO 30/03/23).

c) NCPCR has created a network of qualified and trained Experts/Counsellors for providing psycho-social support to the children through tele counselling - **SAMVEDNA** (18001212830) to address the stress, anxiety, fear and other psycho-social issues experienced by children during the examination period. It is therefore requested to circulate the toll-free number(18001212830) among children for them to seek help as and when required.

