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



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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.



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3. Subsequently, with reference to the abovementioned point 2 (b), working alongside the UNCRC principles of children's Right to Participation the Commission plans to involve more children in this program intrinsically, therefore, audio-video messages of about 30 Seconds to 1 Minute are invited from the children/students of classes 9th to 12th with full parental consent and with complete regard to child safety virtual (online/cyber related) as well as real. In the message, children can talk about their experiences, pointers, patterns, go-to routines for relaxation etc. which help them cope with exam stress/anxiety and ace their examinations. The children can also hold their "CHILL CHART" explaining the things they do while they are taking break from studying. Few pointers for the children that they can follow while making the video:

- The video can be in any language (Hindi, English, Any other Regional language).
- They should start the video with introducing themselves- stating their age, standard and school name.
- The children can use creative ways to put forward their ideas and experiences.

Through display of these messages on National platform, we aim to reach as many children of the country as possible so as to support them during exams and promote positive mental health through messages of fellow children/students. The participating children will be issued certificate from the Commission.

4. The children may upload their videos with parental consent or with the help of school teacher on the link available on the official website of NCPCR (<http://parikshaparv.in/>). The link is open for uploading of videos from 10/01/23 till 30/03/23. The teachers/officials are to help children in uploading their messages on the Commission's link.

5. You are requested to kindly issue a circular to all the schools and encourage as many children as possible to upload the audio-video message on the link with special encouragement to the participation of CWSN. A copy of circular may kindly be shared with the Commission on ms.ncpcr@nic.in. In case of any clarification, may kindly call at 011-23478279.

With regards,

Yours sincerely,

(Rupali Banerjee Singh)
Member Secretary, NCPCR