

GOVT. OF NCT OF DELHI: DIRECTORATE OF EDUCATION  
EXAMINATION CELL, OLD SECRETARIAT  
DELHI-110054

DE.5/(43) 04/2013-14/Exam/266-273

Date: 19/2/19

//CIRCULAR//

Please find enclosed herewith Letter No. F. No. 2801/22/2019/Media/NCPCR dated 15.02.2019 of Government of India, National Commission for Protection of Child Rights, New Delhi reg. **Pariksha Parv** campaign launching for students to reduce pressure of Exams.

It has been observed that students in schools experience high stress during examination, especially during their Board Examination due to various reasons such as lack of preparation, style of their study, lack of needed information and pressure from parents and peers etc. The incidents of suicide due to exam anxiety are also being reported in the media from time to time.

Considering the seriousness of such incidents, National Commission for Protection of Child Rights is launching a campaign **ParikshaParv** during the Exam Period i.e. from 19.02.2019 to 15.03.2019. This is intended to change the outlook/perspective of children towards exam. The campaign will entail Live streaming of Q & A sessions with renowned experts, psychologists; counsellors through Facebook/Twitter/Youtube to enable students interact with experts to reduce their exam stress. The detailed schedule of live steaming is available at <http://ncpcr.gov.in/showfile.php?lang=1&level=1&sublinkid=1829&lid=1817>. The aforesaid link is also available at Home Page of website of Directorate of Education.

In this regard, all the Heads of Govt., Govt. Aided & Un-Aided Recognized Schools are hereby directed to disseminate this information to all the Teachers, Students and their Parents and boost up the morale of the students to perform well in the exam without any fear and panic and ensure participation in the live sessions. Heads of Schools are also directed to place the said information at School Notice Board.

*S. Sain*  
19.2.19  
(Dr. Saroj Sain)  
Addl. DE (Exam)

Encls: (As stated above)

All the Heads of Govt., Govt. Aided & Un-Aided Recognized Schools through DEL E.

Copy to:

1. PS to Chairperson, NCPCR
2. PPS to Secretary (Education)
3. PS to Director (Education)
4. Spl. DE (PSB) & Spl. DE (ASB)
5. All RDEs/DDEs (District & Zonal)/DEOs through DEL E
6. ADE (IT) to get it placed on website of Dte. of Education.
7. Guard file.

*Mukta Soni*  
19.2.19  
(MUKTA SONI)  
DDE (Exam)



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



F. No.2801/22/2019/Media/NCPCR  
Date: February 15<sup>th</sup>, 2019

To All States/UTs Principal Secretary/Secretary (School Education)

Dear Madam/Sir,

As you may be aware, India has the highest rate of suicides in the world amongst students simply due to the unbearable pressure of exams. Students in schools experience high stress during examination, especially during their Board examination due to various reasons such as lack of preparation, style of their study, lack of needed information and pressure from parents and peers etc. The incidents of suicides due to exam anxiety are also being reported in the media from time to time.

Considering the seriousness of the nature of such incidents, Commission is launching a month long campaign #ParikshaParv during the exam period i.e. from 19<sup>th</sup> February- 15<sup>th</sup> March, 2019. This is intended to change the outlook/perspective of children towards exams. Even Hon'ble Prime Minister of India, Shri Narendra Modi, in *Mann ki Baat*, highlighted that "परीक्षा एक उत्सव है परीक्षा को ऐसे लीजिये जैसे मानो एक त्यौहार है।"

The campaign will entail Live streaming of Q&A sessions with renowned experts, psychologists; counsellors through Facebook/Twitter/Youtube to enable students interact with experts to reduce their exam stress. The detailed schedule of live steaming is available at <http://ncpcr.gov.in/showfile.php?lang=1&level=1&sublinkid=1829&lid=1817>. It will also include Radio spots/jingles and social media campaign for creating awareness and wider reach.

In view of the above, the Commission requests you to join the campaign and extend your co-operation in the following:

- Place the links provided above on your website;
- Direct all the schools under your jurisdiction to place the same on their websites and school notice boards; and
- Circulate the information regarding the campaign among all schools in the state and ensure participation in the live sessions.

Looking forward for a meaningful collaboration.

With regards,

Yours sincerely,

  
(Priyank Kanoongo)

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