



No. : CBSE/DIR/ACAD./2020/

Dated: 08th January, 2020
Circular No.:Acad-04/2020

CIRCULAR

Heads of Schools Affiliated to CBSE

Subject: Celebration of Pariksha Parv 2.0

National Commission for Protection of Child Rights (NCPCR) is launching Pariksha Parv 2.0. The D.O. letter by Chairperson, NCPCR, is annexed. Schools may access the following links for various activities being conducted by NCPCR for making exams a joyful activity:

- i. <https://ncpcr.gov.in/index1.php?lang=1&level=1&&sublinkid=1928&lid=1820>.
- ii. <https://ncpcr.gov.in/index1.php?lang=1&level=0&linkid=113&lid=1879>.

Further, the following may be taken up by schools:

1. The information about the Pariksha Parv should be displayed on the Notice Board and website of Schools.
2. Parents, School Management Committees (SMC) members and Parent-Teacher Association (PTAs) should be informed. The same should also be announced by school during morning assembly.
3. Students, parents and teachers must be encouraged to join NCPCR's live streaming session to address their queries pertaining to examination stress at <https://twitter.com/NCPCR> and <https://www.facebook.com/NCPCR.Official>.
4. Follow NCPCR's website (<https://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 website/social media accounts.

Kindly refer to the D.O. letter No. 2801/25/2020/Media/NCPCR/14447 dated 27.12.19 annexed for more details.

(Dr. Joseph Emmanuel)
Director (Academics)

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida201309
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017

शिक्षा सदन, 17, राउज एवेन्यु, नई दिल्ली- 110 002

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केन्द्रीय माध्यमिक शिक्षा बोर्ड CENTRAL BOARD OF SECONDARY EDUCATION



5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Jungle Ghat, P.O. 744103, A&N Island
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Under Secretary (EE-1), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi-01
13. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
14. All Joint Secretary/ Deputy Secretary/ Assistant Secretary / Analyst, CBSE
15. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
16. In charge IT Unit with the request to put this circular on the CBSE Academic website
17. In-Charge, Library
18. The Senior Public Relations Officer, CBSE
19. PPS to Chairperson, CBSE
20. SPS to Secretary, CBSE
21. SPS to Controller of Examinations, CBSE
22. SPS to Director (Information Technology), CBSE
23. SPS to Director (CTET), CBSE
24. SPS to Director (Professional Examinations), CBSE
25. SPS to Director (EDUSAT), CBSE
26. SPS to Director (Academics), CBSE
27. SPS to Director (Skill Education & Training), CBSE
28. Record File

Dr. Joseph Emmanuel
Director (Academics)

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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/114447
Date: 27/12/2019

To,

Ms. Anita Karwal,
Chairman, CBSE
Shiksha Kendra, 2, Community Centre,
Preet Vihar, Delhi - 110092
Fax: 011-22515826
Email: chmn-cbse@nic.in

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 (SCPCR(s)), 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.

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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)