



केन्द्रीय माध्यमिक शिक्षा

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/JS(AHA)/2024

Date: 14.02.2024

All the Heads of Schools Affiliated to CBSE

Subject: Celebrating Pariksha Parv 6.0 by National Commission for Protection of Child Rights (NCPCR)

The National Commission for Protection of Child Rights (NCPCR) is celebrating Pariksha Parv 6.0 inspired by Hon'ble Prime Minister's 'Pariksha Pe Charcha'. The main objective of the programme is to support children in overcoming the stress related to exams, and discussing steps to mitigate anxiety and examination pressure. Moreover, Pariksha Parv intends to change the outlook of children, parents and teachers towards exam stress and overcome their anxiety before exam results.

This year, NCPCR is celebrating sixth edition of 'Pariksha Parv' that includes following set of activities –

- i) The Campaign involves live streaming sessions on Facebook/ Twitter/ YouTube with renowned experts, psychologists and motivational speakers through all NCPCR's social media accounts and Doordarshan. It also includes radio spots and social media campaign for creating awareness and reach among children, teachers and parents. The dates for the streaming will be informed in [Exam Warriors Portal - NCPCR \(parikshaparv.in\)](http://ExamWarriorsPortal-NCPCR.parikshaparv.in)
- ii) Working on children's Right to Participation the Commission plans to involve more children in this programme. **For this small audio-video messages from. Students on the theme of Exam Warriors will be invited through NCPCR website [Exam Warriors Portal - NCPCR \(parikshaparv.in\)](http://ExamWarriorsPortal-NCPCR.parikshaparv.in), till 20.02.2024 for children/students of classes 6th to 12th who will upload audio-video messages of about 60 seconds.** The schools shall ensure that the video are uploaded with full parental consent and with complete regard to child's physical as well as online safety.

In the message, children can talk about their experiences during exams go-to routines for relaxation etc. and their point of view on Pariksha Pe Charcha Programme that how it aims to transform stress into success, enabling Exam Warriors to ace exams with a smile. Few pointers for the children that they can follow while making the videos are:

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

Parents of children, especially mothers can also upload their videos on the subject. The participating children will be issued e-certificate and the selected videos shall be promoted through NCPCR's social media channels.

'शिक्षा सदन' ,17 राऊज़ एवेन्यू ,इंस्टीटूशनल एरिया, नई दिल्ली-110002



'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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-2-

- iii) An online quiz for children is organizing through Commission's website [EXAM WARRIORS QUIZ - NCPCR \(ncpcrweb.in\)](https://www.ncpcrweb.in) till 20.02.2024. It will contain multiple choice questions based on the chapters in the book Exam Warriors. An e-certificate will be generated at the end of the quiz.

Selected candidates of both the activities will be invited to be a part of NCPCR's Foundation Day celebrations.

- iv) The Commission has also 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.

All the Heads of schools affiliated to the Board are, therefore, requested to disseminate this information with students of classes VI-XII to participate in the above activities of the Commission.

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, Noida.
3. The Secretary, Eklavya Model Residential Schools (EMRS), MoTA, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001.
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005.
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), UT Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim -737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar -791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Additional Director General of Army Education, A -Wing, Sena Bhawan, DHQ, PO, New Delhi-110001

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13. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
14. 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
15. The Director of School Education, Ladakh, Room No. 101, 102 Ground Floor, Council Secretariat, Kurbathang, Kargil-Ladakh
16. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh PIN: 521456
17. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
18. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
19. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
20. In-Charge, Library
21. The Head (Media & Public Relations), CBSE
22. DS to Chairperson, CBSE
23. SPS/PS to all directors Secretary, CBSE
24. PPS to Director (Professional Examinations), CBSE
25. Record File

Director (Academics)

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