



केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION

क्षेत्रीय कार्यालय, भुवनेश्वर
REGIONAL OFFICE, BHUBANESWAR

CBSE/RO/BBSR/PS/Pariksha Parv/2019/

Date: 28.02.2019

All the Heads of Institutions affiliated to CBSE
Under the jurisdiction of RO Bhubaneswar

Sub: A month long campaign Pariksha Parv during the exam period from 19th february, 2019 to 15th march, 2019-regarding.

Sir/Madam,

CBSE has received a letter No. 17-1/2019-E.E.1 dated 19.02.2019 from Ministry of Human Resource Development forwarding therewith letter No. 2801/22/2019/Media/NCPCR/87556 dated 12.02.2019 of National Commission for Protection of Child Rights with the directions to circulate the D.O. letter of NCPCR so as to promote the campaign and the live streaming session through the website and social media accounts of MHRD as well to reach out to more and more number of students to reduce their exam stress.

In this connection, I am to inform you that the Controller of Examinations, CBSE, Delhi vide letter dated 22.02.2019 has desired that the contents of the letter received from NCPCR be disseminated to your students and parents.

Action taken in this regard shall be intimated to this office immediately.

Regards,

Yours faithfully

(T. Mate)

Regional Officer



प्रियंक कानूंगो
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



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D.O.No. 2801/22/2019/Media/NCPCR 87556
Date: 12th February, 2019

Madam,

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. As per NCRB data, between 2014 and 2016, 26,476 students committed suicide in India and out of them, 7,462 committed suicide due to failure in various examinations. 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, 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.

2. Considering the seriousness of the nature of such incidents, National Commission for Protection of Child Rights (NCPCR) is launching a month long campaign #ParikshaParv during the exam period i.e. from 19th February- 15th March, 2019. This campaign is intended to change the outlook/perspective of children towards exams. Hon'ble Prime Minister of India, Shri Narendra Modi, also stated in *Mann ki Baat* of 29th January, 2017 that "परीक्षा एक उत्सव है परीक्षा को ऐसे लीजिये जैसे मानो एक त्यौहार है।"

3. The campaign will entail:

- I. Radio spots/jingles
- II. Live streaming sessions on Twitter (https://twitter.com/NCPCR_), Facebook (<https://www.facebook.com/NCPCR.Official/>), and YouTube (<https://www.youtube.com/channel/NCPCR>) will be held during the campaign period to enable students to interact with experts to reduce their exam stress.
(Schedule has been made available on NCPCR's website <http://ncpcr.gov.in/showfile.php?lang=1&level=1&sublinkid=1829&lid=1817>)

4. In this regard, we request that the campaign and the live streaming sessions may be promoted through the website and social media accounts of Ministry of HRD as well to reach out to more and more number of students to reduce their exam stress.

With regards,

Yours sincerely,

(Priyank Kanoongo)

Smt. Rina Ray,
Secretary,
Department of School Education & Literacy,
124-C; Shastri Bhawan,
New Delhi

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for n.a
2018-2
JS(Sachin)

US(G...)
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Put up urgently
Riyank
19/2/19
SO(EE-1)
CARBON
19/2/19
TODAY