

नवोदय विद्यालय समिति

मानव संसाधन विकास मंत्रालय

(स्कूल शिक्षा और साक्षरता विभाग)

भारत सरकार

ब्लॉक-15, इंस्टीट्यूशनल एरिया, सेक्टर-62, नोडा (उ.प्र.) - 201309

टेल: 0120-2405182, 0120-2405183, फैक्स: 0120-2405182



Navodaya Vidyalaya Samiti

Ministry of Human Resource Development

(Deptt. of School Education & Literacy)

Government of India

B-15, Institutional Area, Sector-62, NOIDA (U.P.) - 201309

Tel: 0120-2405182, 0120-2405183

वेबसाइट/Website: www.nvshq.org

F.No. 10-83/2019-NVS(SA)

February 20, 2019

To

The Deputy Commissioner  
Navodaya Vidyalaya Samiti  
All Regional Offices.



Sir,

Please find enclosed herewith a letter received from National Commission for Protection of Child Rights (NCPCR) related to month long campaign #ParikshaParv during the exam period i.e. from 19<sup>th</sup> February – 15<sup>th</sup> March, 2019.

You are requested to ensure the following:-

1. Place the links provided on your website.
2. Direct all the schools under your jurisdiction to place the link on their websites and school notice boards; and
3. Circulate the information regarding the campaign among all schools in the State and ensure participation in the live sessions.

Yours faithfully

(V. Bajpai)

Assistant Commissioner (SA)

Copy to:-

- The Principals of all Jawahar Navodaya Vidyalayas

Shri. Kundan Kumar, CDE

to display the

link on school website

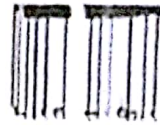
urgently

for

28/02/19



प्रियंक कानूंगो  
Priyank Kanoongo  
अध्यक्ष  
Chairperson



GOVERNMENT OF INDIA  
राष्ट्रीय बाल अधिकार संरक्षण आयोग  
NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS  
नई दिल्ली-110 001  
New Delhi - 110 001



Dr. B. Singh

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

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 Boat*, highlighted that "परीक्षा एक उत्सव है परीक्षा को ऐसा हीजिये जैसे नमो 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 streaming 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)

Shri Bishwajit Kumar Singh,  
Commissioner  
Navodaya Vidyalaya Samiti, B-15, Institutional Area,  
Sector 62, Noida, Uttar Pradesh 201307  
Fax-0120-2405182  
Email: commissioner.nvs@gov.in

5वां तल, चन्द्रलोक बिल्डिंग, 36, जनपथ, नई दिल्ली-110 001  
5th Floor, Chandernok Building, 36, Janpath, New Delhi-110 001  
दूरभाष / Ph. :011-23478212, 23731583 फैक्स / Fax: 011-23731584  
ई-मेल / E-mail : cp.ncpcr@nlc.in वेब / Web www.ncpcr.gov.in