



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/NCPDR  
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.

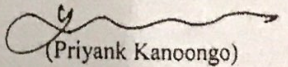
In view of the above, the Commission requests you to join the campaign and extend your co-operation in the following:

- 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)

5वां तल, चन्द्रलोक बिल्डिंग, 36, जनपथ, नई दिल्ली-110 001  
5th Floor Chanderlok Building. 36. Janpath. New Delhi-110 001