

No-EDN-HE(21)B(15)15/2019-V-Vol-II-L
Department of Higher Education
Himachal Pradesh, Shimla-1
Tel:0177-2653120, Extn.234, Fax:2812882, Email: dhe-sml-hp@gov.in

To Dated Shimla-1 the January, 2020

1. The Deputy Director of Higher Education,
All Districts in Himachal Pradesh
2. The Principal/ Headmaster,
All the Government/ Pvt. Sen. Sec./ High Schools in,
Himachal Pradesh

Subject:- Regarding Celebrating Pariksha Parv 2.0

In pursuance to D.O. No.2801/25/2020/Media/NCPCR/114456 dated 27-12-2019, received from the Chairperson, National Commission for Protection of Child Rights, GOI, New Delhi, wherein it has been intimated that NCPCR had launched a-month-long campaign #Pariksha Parv during the exam period during February-March 2020. This campaign was intended to change the outlook/ perspective of children towards exams. The details and videos of the session in Pariksha Parv 2019 are available at <https://ncpcr.gov.in/index1.php?lang=1&eve=1&&sublinkid=1928&lid=1820>.

In this regard, you are directed to take further necessary action in the matter accordingly as mentioned in letter & corrigendum received from NCPCR, New Delhi and extend full cooperation for successfully carrying out the campaign and thereby, ensuring children's Right to Development' in a stress free environment. The copy of the above mentioned D.O. letter dated 27-12-2019 and Corrigendum dated 03-01-2020 are enclosed herewith for perusal and necessary action please.




(Dr. Parmod Chauhan),
Joint Director of Higher Education(C),
Himachal Pradesh
Shimla-1 the January, 2020

Endst. No. Even Dated
Copy for information and necessary action is forwarded to:-

1. Sh. Priyank Kanoongo, Chairperson, National Commission for Protection of Child Rights, GOI, New Delhi-110001, w.r.t. above mentioned D.O. letter dated 27-12-2019 and Corrigendum dated 03-01-2020.
2. The Principal Secretary (Education) Government of Himachal Pradesh, Shimla-2.
3. The Technical Officer, IT Cell of this Directorate with the direction to upload the same on the Departmental website.
4. Guard file.

शिक्षा निदेशालय उच्चतर शिक्षा
14 JAN 2020


Joint Director of Higher Education(C),
Himachal Pradesh



सत्यमेव जयते

प्रियंक कानूनगो
Priyank Kanoongo
अध्यक्ष
Chairperson

Gen
30-12-19

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

14175978
30-12-19



D. O. No. 2801/25/2020/Media/NCPDR/114456
Date: 27/12/2019

To,

The All States/UTs Principal Secretary/Secretary (School Education)

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;

- Radio spots/jingles from 15th January, 2020 to 31st March, 2020
- 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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ई-मेल / E-mail : cp.ncpcr@nic.in वेब /Web:www.ncpcr.gov.in

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)

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NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS
नई दिल्ली-110 001
New Delhi - 110 001



D. O. No. 2801/25/2020/Media/NCPCR /115015

CORRIGENDUM

Date: 03/01/2020

To,

The All States/UTs Principal Secretary/Secretary (School Education)

Subject: Regarding celebrating *Pariksha Parv 2.0*

Madam/Sir,

This is w.r.t Commission's letter dated 27.12.2019 on the above stated subject.

2. As mentioned in point 4 of the above letter, the dates for the second phase have been revised as per the following:

- i) Radio spots/jingles from 05th February, 2020 to 31st March, 2020
- ii) Live streaming sessions from 10th February, 2020 to 31st March, 2020 on Facebook/Twitter/YouTube to enable students to interact with experts to reduce their exam stress.

3. The point iv. of para 6 (a) of the above letter may be read as **Information regarding *Pariksha Pe Charcha 2020* scheduled for 20.01.2020 by the Hon'ble PM** instead of Information regarding *Pariksha Pe Charcha 2020* scheduled for 29.01.2019 by the Hon'ble PM.

4. The remaining contents of the letter remain unchanged.

With regards,

Yours sincerely,

(Priyank Kanoongo)

LIST OF SECRETARY (SCHOOL EDUCATION)

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