



**TATTVĀ
SCHOOL**



Cir/43/2022-23

Date: 27.01.2023

Dear Parents,

Regarding celebrating Pariksha Parv 5.0

Every year National Commission for Protection of Child Rights (**NCPCR**) runs a month long campaign, celebrating exams 'Pariksha Parv' during the exam period i.e. March- April inspiring from Hon'ble Prime Minister's "Pariksha Pe Charcha". The Commission's mandate is to ensure that all laws, policies, programmes, and administrative mechanisms are in consonance with the child rights perspective, as enshrined in the Constitution of India and also the United Nations Convention on the Rights of the Child (LINCRC). **The main objective of the Pariksha Parv is to celebrate examination, overcome examination stress by conducting various programmes viz- live streaming interactive sessions through social media of NCPCR by renowned Educationists/ Mental Health experts/Motivational Speakers through Facebook/Twitter/Youtube and Radio Spots/Jingles broadcast through All India Radio (AIR) and Doordarshan.**

During this year in 2023, NCPCR is proposes to launch "Pariksha Parv 5.0" with the following major activities:-

- a) Live Streaming through Social Media of NCPCR-Facebook/Twitter and YouTube on topics related to examination pressure and stress, cyber safety, prevention of drugs and substance abuse, online education, safety and security, POCSO, career counseling etc. will be done wherein renowned persons/experts from Mental Health field, Motivational speakers/Educationist/Cyber law experts will be interacting with children, parents and teachers. The dates for the streaming will be announced after Hon'ble Prime Minister's "Pariksha Pe Charcha ". Please attend these sessions.
- b) Inviting small audio-video messages from students on "Exam Warrior" through NCPCR website (link- <http://parikshaparv.in/> - **OPEN FROM 10.01.2023 TO 30.03.2023**).
- c) NCPCR has 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, It is therefore requested to circulate the toll-free number(18001212830) among children for them to seek help as and when required.**

Subsequently, with reference to the above mentioned point (b), working alongside the UNCRC principles of children's Right to Participation the Commission plans to involve more children in this program intrinsically, therefore, **audio-video messages of about 30 Seconds to 1 Minute are invited from the children/students of classes 9th to 10th with full parental consent and with complete regard to child safety virtual (online/cyber related) as well as real. In the message, children can talk about their experiences, pointers, patterns, go-to routines for relaxation etc.**



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which help them cope with exam stress/anxiety and ace their examinations. **The children can also hold their "CHILL CHART,"** explaining the things they do while they are taking a break from studying. Few pointers for the children that they can follow while making the video:

The video can be in any language (Hindi, English, Any other Regional language).

- They should start the video with introducing themselves- stating their age, standard and school name.
- Children can use creative ways to put forward their ideas and experiences.
- The participating children will be issued certificates from the Commission.
- Children may upload their videos with parental consent or with the help of school teachers on the link available on the official website of NCPCR (<http://parikshaparv.in>). The link is open for uploading of videos from **10.01.2023 till 30.03.23**.

Regards,

Principal

Tattva School