

CELEBRATING #ParikshaParv

परीक्षा एक उत्सव है, परीक्षा को ऐसे लीजिए जैसे मानो एक त्यौहार है।



Join NCPCR's #ParikshaParv
by interacting with experts and take the exam stress off

Live Streaming Sessions from
21st Feb to 15th March 2019 between 3 to 4 Pm

They will be interacting with Exam Warriors



Dr. Nimesh G Desai



Dr. Jitendra Nagpal



Dr. Achal Bhagat



Dr. Amit Sen



Dr. Rajesh Sagar



Dr. Sangita Kumar



Dr. Sujata Satpathy



Dr. Deepak Gupta



Dr. Rachna Bhargava



Ms. Ankita Khanna



Ms. Geetanjali Kumar



Dr. Ankita Sharma



Dr. Nishant Goyal



Ms. Maulina Rastogi

Schedule available on - ncpcr.gov.in or scan QR Code



/NCPCR.Official



@ NCPCR_



/channel/NCPCR



Geeta Narayan
गीता नारायण
Member Secretary
सदस्य सचिव

NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS
राष्ट्रीय बाल अधिकार संरक्षण आयोग
GOVERNMENT OF INDIA
भारत सरकार



D.O.No.2801/22/2019/Media/NCPCR

Date: 18th February, 2019

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. 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 Facebook/Twitter/YouTube 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 the above context, State Commission(s) for Protection of Child Rights (SCPCR(s)) are requested to undertake the following activities to promote this campaign in their respective States:

- i Ensure maximum participation of students at schools and CCIs across State and District level by disseminating awareness about the campaign through social media and mediums of mass communication.
- ii Encourage students 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>.
- iii Ensure provision of necessary technical support and logistics (if any) at schools and CCIs to participate in Facebook/Twitter live streaming of dialogue with experts.

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- iv Document the participation of schools and CCIs across State including videos/photos.
- v Report extensively in press/hold press conference(s) for promoting the campaign.
- vi 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 State Commission's website/social media accounts. The creatives released by NCPCR till now and schedule are enclosed.

This synergy/convergence across National and State Commissions is imperative to execute this promising campaign and address the grave concern of suicides by students thereby, ensuring children's 'Right to Development' in a stress free environment.

This issues with the approval of the Chairperson, NCPCR.

With regards,

Yours sincerely,





(Geeta Narayan)

Chairperson(s)
SCPCRs (as per the list attached)

Sr. No.	State	Email
1.	A&N	utcpqr.ani@gmail.com
2.	Andhra Pradesh	scpcrandhrapradesh@gmail.com , aparna.up@ap.gov.in , peshi.wcdsc@gmail.com
3.	Assam	sunita_chang@hotmail.com
4.	Arunachal Pradesh	chairperson@arunachalwomencommission.in
5.	Bihar	scpcr.bihar@gmail.com
6.	Chandigarh	chairpersonccpcr@gmail.com
7.	Chattisgarh	simimanish@gmail.com
8.	D & N Haveli	secysw-dd@nic.in
9.	D & D	
10.	Delhi	cp.dcpqr@gmail.com
11.	Goa	sect-scpcr.goa@nic.in
12.	Gujarat	jagrutipandya@gmail.com
13.	Haryana	scpcrhry@gmail.com
14.	Himachal Pradesh	kirandhanta25@gmail.com
15.	Jharkhand	cp.jscpcr@gmail.com , artikujur.jp@gmail.com
16.	Karnataka	Kripaalsa1@gmail.com
17.	Kerala	cp.cpcr@kerala.gov.in
18.	Lakshadweep	lak-cdpo@nic.in , wcdkvt@gmail.com
19.	Madhya Pradesh	mpcpcr@gmail.com
20.	Maharashtra	mscpcr@gmail.com , womenchild@gmail.com
21.	Manipur	ssk_sharma@hotmail.com
22.	Meghalaya	mscpcrcp@gmail.com
23.	Mizoram	sangzuali12@gmail.com
24.	Nagaland	meilapongener@yahoo.co.in
25.	Odisha	Kasturi_m@hotmail.com
26.	Puducherry	socwel.pon@nic.in , directorofsocialwelfare@yahoo.com
27.	Punjab	sukeshkalia@yahoo.com
28.	Rajasthan	rsccr.jaipur@gmail.com , mananc73@gmail.com
29.	Sikkim	legalcel406@gmail.com
30.	Tamil Nadu	mpnirmalab@yahoo.com
31.	Telangana	scpcrandhrapradesh@gmail.com
32.	Tripura	tcpcr@gmail.com
33.	Uttarakhand	yogendra_khanduri@rediffmail.com , scpcr.uk@gmail.com
34.	Uttar Pradesh	upbalaayog@gmail.com
35.	West Bengal	wbsccr@gmail.com




#ParikshaParv

Schedule for Live Streaming Sessions

S.No	Expert	Designation/organization / Profile Link	Date/Time of Live streaming session at NCPCR
1.		Dr. Nimesh G Desai Director Institute of Human Behaviour & Allied Sciences (IHBAS), New Delhi http://www.delhi.gov.in/wps/wcm/connect/doit_ihbas1/IHBAS/Home/Directors+Profile	21 st February, 2019 (Thursday) 3.00-4.00 pm
2.		Dr. Jitendra Nagpal Sr. Consultant Psychiatrist and Head Instt. of Mental Health and Life Skills Promotion & Institute of Child Development and Adolescent Health, Moolchand Medcity, New Delhi http://moolchandhealthcare.com/doctors/Jitendra-Nagpal/56	22 nd February, 2019 (Friday) 3.00-4.00 pm
3.		Dr. Achal Bhagat Senior Consultant Psychiatrist and Psychotherapist, Apollo Hospital, New Delhi https://www.askapollo.com/delhi/psychiatrist/dr-achal-bhagat	26 th February, 2019 (Tuesday) 3.00-4.00 pm

4.		Dr. Amit Sen Child & Adolescent Psychiatrist Sitaram Bhartiya & Director and co-founder- Children First, Mental Health Institute, New Delhi http://ncpcr.gov.in/profile/amitsen.pdf	27 th February, 2019 (Wednesday) 3.00-4.00 pm
5.		Dr. Rajesh Sagar Professor, Department of Psychiatry, All India Institute of Medical Sciences, AIIMS, New Delhi https://www.aiims.edu/en/2014-12-12-06-32-00/psychiatry_faculty/117-psychiatry/1143-dr-rajesh-sagar.html	28 th February, 2019 (Thursday) 3.00-4.00 pm
6.		Dr. Sangita Kumar Psychologist, a Trainer, and Behavioral Consultant New Delhi http://ncpcr.gov.in/profile/sangeetakumar.pdf	1 st March, 2019 (Friday) 3.00-4.00 pm
7.		Dr. Sujata Satpathy Associate Professor, Clinical Psychology, Department of Psychiatry, AIIMS, New Delhi https://www.aiims.edu/en/2014-12-12-06-32-00/psychiatry_faculty/117-psychiatry/8734-dr-sujata-satpathy.html	5 th March, 2019 (Tuesday) 3.00-4.00 pm

8.		Dr. Deepak Gupta Child & Adolescent Psychiatrist Sir Ganga Ram Hospital, New Delhi https://www.sgrh.com/departments/details/472/19	6 th March, 2019 (Wednesday) 3.00-4.00 pm
9.		Dr. Rachna Bhargava Associate Professor in Clinical Psychology, National Drug Dependence Treatment Centre & Department of Psychiatry, AIIMS, New Delhi https://www.aiims.edu/en/2014-12-18-10-55-25/national_drug_faculty.html?id=1483	7 th March, 2019 (Thursday) 3.00-4.00 pm
10.		Ms. Ankita Khanna Psychologist & Arts Based Therapist, Head of Services, Children First- Gurgaon http://ncpcr.gov.in/profile/ankitakhanna.pdf	8 th March, 2019 (Friday) 3.00-4.00 pm
11.		Ms. Geetanjali Kumar Psychologist , Practicing Counsellor, Trainer, Parenting coach, and Motivational speaker, New Delhi http://ncpcr.gov.in/profile/geetanjalikumar.pdf	12 March, 2019 (Tuesday) 3.00-4.00 pm

12.		Dr. Ankita Sharma Psychologist, <i>Expressions India</i> New Delhi http://ncpcr.gov.in/profile/ankitasharma.pdf	13 March, 2019 (Wednesday) 3.00-4.00 pm
13.		Dr. Nishant Goyal Assistant Professor of Psychiatry Central Institute of Psychiatry (CIP), Ranchi, Jharkhand https://cipranchi.nic.in/?p=facultydetails&facid=4	14 th March, 2019 (Thursday) 3.00-4.00 pm
14.		Ms. Maulina Rastogi Psychologist, <i>Expressions India</i> New Delhi http://ncpcr.gov.in/profile/maulinirastogi.pdf	15 th March, 2019 (Friday) 3.00-4.00 pm