



# केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

## CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/2022

Date: 13.04.2022

Circular No: Acad-47/2022

All the Heads of Schools affiliated to CBSE

**Subject: Pariksha Parv 4.0 by National Commission for Protection of Child Rights (NCPCR) – reg.**

Dear Principal

National Commission for Protection of Child Rights (NCPCR) has been celebrating "Pariksha Parv" since 2019, with an aim to change the outlook/ perspective of children towards exams stress and overcome their anxiety before exam result at a platform.

This year the 'Pariksha Parv' is being conducted till 31.05.2022. This is a venture for providing a platform for students, teachers and parents to share their thoughts and get guidance and important tips from the experts. In stressful times, talking about and sharing the thoughts would help mitigate stress and anxiety of students to a great extent.

Pariksha Parv 4.0 entails following multipronged approach:

1. "Exam Warrior", an activity under Pariksha Parv 4.0 promoting audio-video messages of students giving tips on managing exam/ result related stress and anxiety.
2. Radio spots broadcast on Vividh Bharat (National), All India Radio (AIR).
3. Live streaming session can be watched on NCPCR social media accounts – Facebook on <https://www.facebook.com/NCPCR.Official/>, Twitter on [https://twitter.com/NCPCR\\_](https://twitter.com/NCPCR_) and on Youtube/channel/NCPCR or on Youtube/Doordarshan national till 31.05.2022 (three days in a week – Monday, Wednesday and Friday from 3:00-4:00 pm) to enable students to interact with experts to reduce their exam and result related stress and anxiety.
4. State/ UTs and District level orientation cum sensitisation programmes by eminent experts for Heads/ Principals/ Teachers and Students.
5. SAMVEDNA – (1800-121-2830) a toll free tele-counseling service of NCPCR by qualified and trained counsellors for students to cope up with exam related worries, stress and anxiety.

You are requested to disseminate the information among the stakeholders of your school so that they may take maximum benefit of the above programme of NCPCR.

With Best Wishes

Dr. Joseph Emmanuel  
Director (Academics)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली –110002  
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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**Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:**

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001.
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005.
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
13. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
14. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
15. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
16. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
17. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
18. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
19. In-Charge, Library
20. The Head (Media & Public Relations), CBSE
21. DS to Chairman, CBSE
22. SPS to Secretary, CBSE
23. SPS to Director (Academics), CBSE
24. SPS to Director (Information Technology), CBSE
25. SPS to Controller of Examinations, CBSE
26. SPS to Director (Training and Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE
28. SPS to Director (CTET), CBSE
29. SPS to Director (EDUSAT), CBSE
30. Record File

**Director (Academics)**



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