



**Deputy Director Higher Education Bilaspur (H.P.)** Office address: O/o Dy. Director Higher Education, Bilaspur, Changer Sector Near D.C office, Bilaspur-174001.

Ref.EDN-DDHE(bl)- IT- Misc. - 7293  
To

Date: 9/2/2024

1. All the Principals & Headmasters  
GSSSs & GHSs Distt. Bilaspur Himachal Pradesh  
2. Principals & Headmasters  
All Private Schools Distt Bilaspur.

Subject: **Regarding "Celebrating Pariksha Parv 6.0 inspired by Hon'ble Prime Minister's Pariksha Pe Charcha".**

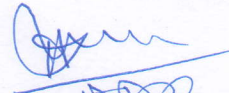
Memo,

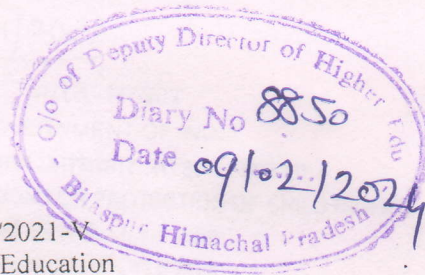
This is in reference to letter No. EDN-HE(12)B(15)15/2021-V, Directorate of Higher Education, H.P. dated 7/2/2024, regarding the subject cited above.

In this context, it is to inform you that inspired by Hon'ble Prime Minister's "Priksha Pe Charcha" the commission celebrates " Pariksha Parv" every year to celebrate exams along with children. Pariksha Parv intends to change the outlook of children, parents and teachers towards exam stress and overcome their anxiety before exam results. For 2024, NCPCR is celebrating 6<sup>th</sup> edition of Pariksha Parv that includes a set of activities:

1. Live streaming session on Facebook/Twitter/You Tube with renowned experts, psychologists and motivational speakers through NCPCR's social media accounts and Doordarshan. It is requested to encourage students to attend these session.
2. For small audio-video messages from students on the theme of Exam Warriors will be invited through link <http://parikshaparv.in> The link will be live from 1/2/2024 to 20/2/2024 for children of classes 6<sup>th</sup> to 12<sup>th</sup>.
3. Similarly, parents of children, especially mothers can also upload their videos on the subject. The Heads of schools will encourage the parents of students to participate by taking help from PTAs/SMCs.
4. An online quiz for children will be organized through Commission's website link <https://examwarriorsquizncpcrweb.in> The link is live from 1/2/2024 onwards. It will contain multiple choice based on the chapters in the book-EXAM WARRIORS. An e-certificate will be generated at the end of quiz.

For more detail Google search: [parikshaparv.in](http://parikshaparv.in) Go to Pariksha Parv 6.0  
Heads are again requested to encourage students and their parents to participate in Pariksha Parv 6.0.

  
Dy. Director Higher Education  
Bilaspur, District Bilaspur  
Himachal Pradesh-174001.



Urgent

EDN-HE(21)B(15)15/2021-V  
Directorate of Higher Education  
Himachal Pradesh, Shimla-1

Dated: Shimla-171001 the 09 January, 2024

All the Deputy Directors of Higher Education,  
Himachal Pradesh.

**Subject: - Regarding celebrating Pariksha Parv 6.0 inspired by Hon'ble Prime Minister's Pariksha Pe Charcha'.**

Please find enclosed herewith copy of the letter No. 2801/46/2023-24/Media-NCPCR/Part-1, dated 20/01/2024 received from the Chairperson, Govt. of India, National Commission for Protection of Child Rights, New Delhi through the Secretary (Education) to the Government of HP, vide letter No. EDUB-A04/4/2023, dated 24/01/2024 on the subject cited above.

In this regard, it is intimated that inspired by Hon'ble Prime Minister's 'Pariksha Pe Charcha', the Commission celebrates 'Pariksha Parv' every year to celebrate exams along with children. Pariksha Parv intends to change the outlook of children, parents and teachers towards exam stress and overcome their anxiety before exam results. For 2024, NCPCR is celebrating sixth edition of "Pariksha parv" that includes a set of activities.

In view of above, you are therefore, directed to go through the contents of the said letter and issue necessary directions to all the head of educational institutions (Govt./Pvt.) in your respective district accordingly. And also ensure to issue necessary orders as given in point 3(d) in the above said letter.

Encl: As above.

Director of Higher Education  
Himachal Pradesh.

Endst. No. Even dated Shimla -I the January, 2024

Copy for information and necessary action is forwarded to:-

1. The Chairperson, Government of India, National Commission for Protection of Child Rights, New Delhi-110001 w.r.t. letter No. 2801/46/2023-24/Media-NCPCR/Part-1, dated 20/01/2024 .
2. The Secretary (Education) to the, Govt. of Himachal Pradesh, Shimla-2 w.r.t. letter referred above please.
3. The State Project Director, (SS) Himachal Pradesh.
4. The Technical Officer I.T. Cell, D.H.E. (Internal), to upload the same on departmental website.
5. Guard File.

Director of Higher Education  
Himachal Pradesh.

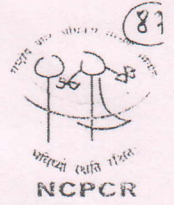


प्रियंक कानूतगो  
Priyank Kanoongo  
अध्यक्ष  
Chairperson

EDU B-A04/4/2023

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

1300355/2024



File No. - 2801/46/2023-24/Media-NCPCR/Part-1

Date: 20/01/2024

To,

Secretary  
Govt. of Himachal Pradesh,  
Department of School Education,  
Room No. 524 Himachal Pradesh Secretariat, Shimla-171002  
Ph. 0177-2624538, 2620105  
Email: secy-edu-hp@nic.in, secy-hedu-hp@nic.in

Subject- Regarding celebrating Pariksha Parv 6.0 inspired by Hon'ble Prime Minister's 'Pariksha Pe Charcha'

Madam Sir,

The National Commission for Protection of Child Rights (NCPCR) (hereinafter referred to as 'the Commission') is a statutory body constituted under Section 3 of the Commission for Protection of Child Rights (CPCR) Act, 2005 to protect the child rights and other related matters in the country. The Commission functions with a wide scope of addressing issues that relate to children and with an aim to create an eco-system where children are able to develop without any threat to their safety and well-being.

Inspired by Hon'ble Prime Minister's 'Pariksha Pe Charcha', the Commission celebrates 'Pariksha Parv' every year to celebrate exams along with children. The main objective of the programme is to support children in overcoming the stress related to exams, and discussing steps to mitigate anxiety and examination pressure. Moreover, Pariksha Parv intends to change the outlook of children, parents and teachers towards exam stress and overcome their anxiety before exam results.

For 2024, NCPCR is celebrating sixth edition of "Pariksha Parv" that includes a set of activities such as:

- The campaign involves live streaming sessions on Facebook/Twitter/YouTube with renowned experts, psychologists and motivational speakers through all NCPCR's social media accounts and Doordarshan. It also includes radio spots and social media campaign for creating awareness and reach among children, teachers and parents. The dates for the streaming will be informed after Hon'ble Prime Minister's *Pariksha Pe Charcha 2024*. It is requested to encourage students to attend these sessions.
- Working on children's Right to Participation the Commission plans to involve more children in this program. For this, small audio-video messages from students on the theme of Exam Warriors will be invited through NCPCR website (link <http://parikshapary.in>).
- The link will be live from 01/02/2024 to 20/02/2024 for children/students of classes 6<sup>th</sup> to 12<sup>th</sup> who will upload audio-video messages of about 60 seconds. The schools/teachers shall ensure that the videos are uploaded with full parental consent and with complete regard to child's physical as well as online safety.

In the message, children can talk about their experiences during exams go-to routines for relaxation etc. and their point of view on *Pariksha Pe Charcha* Programme that how it aims to transform stress into success, enabling Exam Warriors to ace exams with a smile. Few pointers for the children that they can follow while making the videos are:

- The video can be in any language (Hindi, English, and other Regional languages).
- They should start the video with introducing themselves- stating their age, standard and school name.

5वां तल, चन्द्रलोक बिल्डिंग, 36, जनपथ, नई दिल्ली-110 001

- The children can use creative ways to put forward their ideas and experiences.

Through display of these messages on National platform, we aim to reach as many children of the country as possible so as to support them during exams and promote positive mental health through messages of fellow children students. The participating children will be issued e-certificate and the selected videos shall be promoted through NCPDR's social media channels. Also, the selected children will be invited to be a part of NCPDR's Foundation Day celebrations.

- d) Similarly, parents of children, especially mothers can also upload their videos on the subject. The District Education Officers shall encourage and ensure the participation of mothers/parents by passing necessary orders through School Management Committees (SMCs) and Parents Teachers Associations (PTAs).
- e) District and State-level programmes sensitization-cum-orientation programmes are being organized covering different States/UTs. The programme is intended to sensitize parents and teachers through School Management Committees (SMCs), and Parents Teachers Associations (PTAs). These programmes will be scheduled after Hon'ble Prime Minister's Pariksha Pe Charcha, 2024. The details of these programmes shall also be shared in the due course.
- f) An online quiz for children will be organized through Commission's website (link <https://examwarriorsquiz.ncperweb.in/>). The link shall be made live from 01.02.2024 onwards. It will contain multiple choice questions based on the chapters in the book- *Exam Warriors*. An e-certificate will be generated at the end of the quiz. Also, the selected children will be invited to be a part of NCPDR's Foundation Day celebrations.
- g) The Commission has also 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.
- h) You are requested to disseminate this information among all schools, teachers, children and their mothers/parents for taking part in the activities with special encouragement to the participation of Children with Special Needs (CWSN). Also, kindly ensure that the District Education Officers issue necessary orders as given in point 3(d) above.
- i) Kindly share a copy of the order regarding the same latest by 30.01.2024. An early reply will be highly appreciated.

With regards,

*Priyank Kanoongo*  
Yours sincerely,

(Priyank Kanoongo)