



Government of Goa

**STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING**

Porvorim – Goa 403521

Email: scertgoa@gmail.com

Website: scert.goa.gov.in

Phone: 0832-22417276

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To

1. The Headmaster / Principal  
All Govt./Aided/Private Unaided  
Secondary and Higher Secondary School
2. Headmaster / Principal  
Special School in the State of Goa

**Sub: Pariksha Parv 6.0**


Sir/ Madam,

Inspired by Hon'ble Prime Minister of India 'Pariksha Pe Charcha' the National Commission for Protection of Child Rights (NCPCR) celebrates "**Pariksha Parv**" every year to celebrate exams along the children. The main object of the programme is to support children overcoming the stress related to exams and discussing the steps to mitigate anxiety and examination pressure in an intent to change the outlook of the children, parent and teachers towards the stress and overcome their anxiety before the exam results.

For 2024, NCPCR is celebrating the sixth edition of Pariksha Parv that includes set of activities as mentioned in the **Annexure-I**.

You are directed to disseminate this in among all the school teachers, students and their parents of classes 6 to 12<sup>th</sup> and encourage them to take part in the activities with the special consideration to the participation of Children with Special Needs (CWSN) in Pariksha Parv 6.0

Yours faithfully,

  
(Dr. Shambhu S. Ghadi)  
Director SCERT – Goa

Encl: Annexure-I

Copy to:

- 1) The Director of Education, Directorate of Education, Porvorim, Goa
- 2) The Dy. Director of Education, NEZ/CEZ/SEZ, Mapusa/Panaji/Margao Goa
- 3) The ADEIs of all twelve talukas.
- 4) Office file
- 5) Guard file

### PARIKSHA PARV 6.0

- a) 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.
- b) 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://parikshanarv.in>).
- c) The link will be live from 01/02/2024 to 20/02/2024 for children/students of classes 6 to 12\* 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. 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 -certificate and the selected videos shall be promoted through NCPCR's social media channels. Also, the selected children will be invited to be a part of NCPCR'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.nepcrweb.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 NCPCR's Foundation Day celebrations.

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.