



केन्द्रीयविद्यालयसंगठन/KENDRIYA VIDYALAYA SANGATHAN
(Min. of HRD, Deptt. of Education, Govt. of India)
18-संस्थागतक्षेत्र/18-Institutional Area
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F.11029/64-1/2018/KVS(HQ)/Acad./Misc Ministry/pariksha pe Charcha/7263-7298 Date: 07/01/20

The Deputy Commissioner
Kendriya Vidyalaya Sangathan
All Regional Offices

Subject: Pariksha Pe Charcha-Reg

Madam/Sir,

With reference to the subject cited above It is to inform that ,inspired by Hon'ble PMs interaction with students in Pariksha Pe Charcha ,NCPCR is conducting "Pariksha Parv 2020 " an endeavour to change the perspective of students towards exams and making it a joyful activity.The programme will provide a platform to students to talk about their concerns and interact with renowned counselors and psychologists.

This programme is in two phases:

Phase 1-SCPCR in collaboration with respective SCERTS will conduct orientation cum sensitization programme for Head/Principals by renowned psychologists and counselors.

Phase-II-Two Activities will be conducted:

i) Radio spots/jingling from 15th January, 2020 to 31st March, 2020. ii) Live streaming sessions from 01st February ,2020 to 31st March 2020 on Face book/Twitter /You tube to enable students to interact with experts to reduce their exam stress with some Questioners'(last year record as 'Annexure')

In view of the above, the NCPCR has requested to join the campaign and, put up information on school notice-board, websites inform parents. Hence you are requested to disseminate the following in all Kendriya Vidyalayas:

- a) i. Ensure Dos and Don'ts for teachers and parents
- ii. Schedule of the Programme
- iii. IEC material in form of Creatives (to be downloaded from website)
- iv. Information regarding Pariksha Pe Charcha2020 scheduled for 20.01.2020 by the Hon'ble Prime Minister

b) Circulate the information regarding the campaign among all schools and ensure participation in the sessions

c) Ensure that all hostels and Vidyalayas put-up information on their notice-boards, websites, inform parents, school management committee and Parent-Teacher Association (PTAs). The same may be announced in the morning assembly.


d) Encourage students, teachers and parents to join NCPCR's live streaming sessions to address their queries pertaining to examination stress at the given website

e) Follow NCPCR Website(<http://ncpcr.gov.in/>), Twitter account (http://twitter.com/NCPCR_) and Facebook page(<https://www.facebook.com/NCPCR>) Officialas for further updates and publish the same. on Vidyalaya website/social media account

You are requested to communicate the same to the Principal. of Kendriya Vidyalayas under your jurisdiction with a direction for compliance.

The detail (schedule for live Streaming sessions of 2019 etc.) and the videos of the sessions in Pariksha Parv 2019 are available at <https://ncpcr.gov.in/index1.php?lang=1&&sublinkid=1928&lid=1820>.

Yours faithfully,


7/1/20
(Piya Thakur)

Joint Commissioner (Acad.) I/C




Enclosed: as above(Annexure)





Copy to:





- 1) Priyanka Kanoongo, Chairperson, National Commission for Protection of Child Rights (NCPCR), New Delhi




#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/doi_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.		Mrs. Anita Walia Bashista Sr .Clinical Psychologist Saarthak Mental health Service New Delhi http://ncpcr.gov.in/profile/AnitaWaliaBashista.pdf	26 th February, 2019 (Tuesday) 3.00-4.00 pm

4.		<p>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</p>	27 th February, 2019 (Wednesday) 3.00-4.00 pm
5.		<p>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</p>	28 th February, 2019 (Thursday) 3.00-4.00 pm
6.		<p>Dr. Sangita Kumar Psychologist, a Trainer, and Behavioral Consultant New Delhi http://ncpcr.gov.in/profile/sangeetakumar.pdf</p>	1 st March, 2019 (Friday) 3.00-4.00 pm
7.		<p>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</p>	5 th March, 2019 (Tuesday) 3.00-4.00 pm

8.		<p>Dr. Deepak Gupta Child & Adolescent Psychiatrist, Sir Ganga Ram Hospital, New Delhi https://www.sgrh.com/departments/details/472/19</p>	6 th March, 2019 (Wednesday) 3.00-4.00 pm
9.		<p>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</p>	7 th March, 2019 (Thursday) 3.00-4.00 pm
10.		<p>Ms. Priyanka Mittal Clinical Psychologist Coordinator - Communities that Care Programme http://ncpcr.gov.in/profile/priyankamittal</p>	8 th March, 2019 (Friday) 3.00-4.00 pm
11.		<p>Ms. Geetanjali Kumar Psychologist , Practicing Counsellor, Trainer, Parenting coach, and Motivational speaker, New Delhi http://ncpcr.gov.in/profile/geetanjalikumar.pdf</p>	12 March, 2019 (Tuesday) 3.00-4.00 pm

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