

राजेश कुमार सिंह
Rajesh Kumar Singh
रजिस्ट्रार
Registrar



सत्यमेव जयते

भारत सरकार

GOVERNMENT OF INDIA

राष्ट्रीय बाल अधिकार संरक्षण आयोग

NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS



F. No. -2801/48/2025-26/NCPCR/Media/Part-1 DD4053
Date: 26.03.2025

To,

District Collector

District Collector office, A Block, 2nd Floor,
Collectorate, Vellore – 632009, Tamil Nadu
Phone : +91-416-2252345
Email id: collrvel@nic.in

Subject- District-level Programmes on issue of exam stress among children_reg.

Madam/Sir,

The National Commission for Protection of Child Rights (NCPCR) is a statutory body constituted under Section 3 of the Commissions 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.

2. 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.

3. One of the activities being organized under the Pariksha Parv campaign are the District-level sensitization-cum-orientation programmes covering different districts with Aspirational blocks. The programme is intended to sensitize parents and teachers through School Management Committees (SMCs) and Parents Teachers Associations (PTAs).

4. **The sensitization-cum-orientation programme in your District is scheduled for 19.04.2025.** During this programme session on different issues related to exams stress among children will be discussed.

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5. To successfully conduct these sensitization-cum-orientation programmes and to ensure that more and more number of children benefit from these programmes, your co-operation is requested to ensure participation of 250 teachers, parents, Block Education Officers and Head/Principals of District Institute of Education and Training (DIETs). You are also requested to depute the District Education Officer (DEO) as a Nodal Officer for coordinating with NCPCR on your behalf and facilitate in organizing the activity. In case of unavailability of DEO, you may nominate any other officer from your office who can ensure participation and help in organizing the activity.

6. **Kindly share the name, designation and contact details of the Nodal Officer latest by 28.03.2025 on the email id- mahima.ncpcr@nic.in.** An online preliminary meeting has also been scheduled on 07.04.2025 at 1200 hrs. The link of the meeting will be shared with the Nodal Officer. An early reply will be highly appreciated.

Yours sincerely,

Rm
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(Rajesh Kumar Singh)
Registrar