



GOA BOARD OF SECONDARY AND HIGHER SECONDARY EDUCATION

(A Corporate Statutory Body constituted by an Act of the State Legislature)

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GBSHSE/ACAD/MISC/2023/

Date: - 31/01/2023

Circular No: 07

To
The Heads of all Recognised Secondary
and Higher Secondary Schools
Under the jurisdiction of this Board

Sub: Regarding celebrating Pariksha Parv 5.0

Sir/Madam,

1. With reference to the above cited subject, every year National Commission for Protection of Child Rights (NCPCR) runs a month long campaign, celebrating exams 'Pariksha Parv' during the exam period i.e. March-April inspiring from Hon'ble Prime Minister's "Pariksha Pe Charcha". The main objective of Pariksha Parv is to celebrate examination, overcome examination stress by conducting various programmes viz-live streaming interactive sessions through social media of NCPCR by renowned Educationists/ Mental Health experts / Motivational Speakers through Facebook/Twitter/Youtube and Radio Spots/ Jingles broadcast through All India Radio (AIR) and Doordarshan.
2. During this year in 2023, NCPCR is proposes to launch "Parsha Parv 5.0" with the following major activities:
 - a) Live Streaming through Social Media of NCPCR-Facebook / Twitter and Youtube on topics related to examination pressure and stress, cyber safety, prevention of drugs and substance abuse, online education, safety and security, POCSO, career counseling etc. will be done wherein renowned persons/experts from Mental Health field, Motivational speakers/ Educationist/Cyber law experts will be interacting with children, parents and teachers.
 - b) Inviting small audio-video messages from students on "Exam Warrior" through NCPCR website (link- <http://parikshaparv.in/> open from 10/01/2023 to 30/03/2023).
 - c) NCPCR has 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.
3. Audio – Video messages of about 30 Seconds to 1 Minute are invited from the Children/Students of Class IXth to Class XIIth with full parental consent and with complete regard to child safety virtual (online/cyber related) as well as real. In the message, children can talk about their experiences, pointers, patterns, go-to routines for relaxation etc. which help them cope with exam stress/ anxiety and ace their examinations.

Following are the few points for the children that they can follow while making the video:

- The Video can be in any language (Hindi, English or any other Regional language)
- 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.

Display of these messages on National platform, will support the students during exams and promote positive mental health through messages of fellow Children/Students. The participating Children/Students will be issued certificate from the Commission.

4. The Children/Students may upload their videos with parental consent or with the help of school teacher on the link available on the official website of NCPDR (<http://parikshaparv.in/>). The link is open for uploading of videos from 10/01/2023 till 30/03/2023. The teachers/officials are to help children in uploading their messages on the Commission's link.

It is enjoined upon all the Heads, to motivate Students for participation in large numbers and special encouragement to CWSN Students and their participation. One teacher to coordinate the whole activity spontaneously and also to upload the Audio/Video message on the link.

This Circular shall be displayed at a prominent place on the Notice Board and to be brought to the notice of all concerned.


(Geraldina L. Mendes)
Secretary

Copy to:

1. The Member Secretary, National Commission for Protection of Child Rights (NCPDR), Government of India, New Delhi.
2. The Director, Directorate of Education, Porvorim-Goa.
3. All the Section Heads of this Board.
4. Office copy.