

**GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION, JAMMU
MUTHI CAMP, JAMMU-181205**

The Chief Education Officer (All)
Jammu Division

No: DSEJ/Counselling Cell/ 3066-80

Dated: 05/05/2022

Subject: Celebrating exams with campaign 'Pariksha Parv'-4.0-regarding.

- Reference:** i) Administrative communication vide No.: Edu-PSOCSS/73/2021-01-SED (88471) Dated: 22-04-2022
ii) Communication received from National Commission for Protection of Child Rights (NCPCR) vide No. 2801/29/2020/Media/NCPCR/243206 Dated: 07-04-2022

Apropos the subject and references cited above, in this context, it is hereby informed that the National Commission for Protection of Child Rights (NCPCR) is going to conduct Pariksha Parv 4.0 from 11th April to 31st May, 2022 for providing a platform for students, parents and teachers to share their thoughts and get guidance from experts.

This year in 2022, a multi-pronged approach shall be followed with the objective to reach out to the teachers and parents in addition to children.

Pariksha Parv-4.0 entails are:

- "Exam Warrior" an activity under Pariksha Parv-4.0 promoting audio-video messages of students giving tips on managing Exam/Result related stress and anxiety;
- Radio spots broadcast on Vividh Bharti (National), All India Radio (AIR);
- Live streaming sessions (from 3.00-4.00 pm) from 11th April, 2022 to 31st May, 2022 on Facebook/Twitter/YouTube of NCPCR and YouTube of Doordarshan National and New India Junction to enable students to interact with experts to reduce their exam and result related stress and anxiety.
- State/UTs and District Level Orientation cum sensitization programmes by eminent experts for Head/Principals/Teachers and Students.
- SAMVEDNA- (1800-121-2830) a toll free Tele counselling Service of NCPCR by qualified and trained Counsellors for students to cope up with exams and exams result related worries, stress and anxiety.

Live streaming session can be watched from 11th April, 2022 to 31st May, 2022 on NCPCR Social Media (Facebook) account on <https://www.facebook.com/NCPCR.Official/>, Twitter on <https://twitter.com/NCPCR> and on YouTube/channel/NCPCR or on Youtube/Doordarshan National (details are available on NCPCR website www.ncpcr.gov.in).

You are, therefore, directed to encourage the Schools/Educational Institutions and disseminate the information of live streaming session by Experts/Motivational Speakers to all the schools/educational institutions and furnish Action taken report/progress to this office.

In case of any query counselling cell DSEJ can be contacted at 6006800068.

(H.R. Pakhroo) 5.5.22
Joint Director School Education
Jammu

Copy to the

1. PS to Principal Secretary to Government, School Education Department, Civil Secretariat, Jammu J&K for kind information.
2. Dr. Romesh Kumar, I/C counselling Cell, DSEJ for coordination.
3. I/C Website for uploading it on Website
4. PA to Director School Education Jammu for information.