



प्रियंक कानूंगो  
Priyank Kanoongo  
अध्यक्ष  
Chairperson

भारत सरकार  
GOVERNMENT OF INDIA  
राष्ट्रीय बाल अधिकार संरक्षण आयोग  
NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS  
नई दिल्ली-110 001  
New Delhi - 110 001



D.O.No. 2801/22/2019/Media/NCPCR  
Date: 12<sup>th</sup> February, 2019

Madam,

As you may be aware, India has the highest rate of suicides in the world amongst students simply due to the unbearable pressure of exams. As per NCRB data, between 2014 and 2016, 26,476 students committed suicide in India and out of them, 7,462 committed suicide due to failure in various examinations. Students in schools experience high stress during examination, especially during their Board examination due to various reasons such as lack of preparation, style of their study, lack of needed information, pressure from parents and peers etc. The incidents of suicides due to exam anxiety are also being reported in the media from time to time.

2. Considering the seriousness of the nature of such incidents, National Commission for Protection of Child Rights (NCPCR) is launching a month long campaign #ParikshaParv during the exam period i.e. from 19<sup>th</sup> February- 15<sup>th</sup> March, 2019. This campaign is intended to change the outlook/perspective of children towards exams. Hon'ble Prime Minister of India, Shri Narendra Modi, also stated in *Mam ki Baat* of 29<sup>th</sup> January, 2017 that "परीक्षा एक उत्सव है परीक्षा को ऐसे लीजिये जैसे मानो एक त्यौहार है।"

3. The campaign will entail:

- I. Radio spots/jingles
- II. Live streaming sessions on Twitter ([https://twitter.com/NCPCR\\_](https://twitter.com/NCPCR_)), Facebook (<https://www.facebook.com/NCPCR.Official/>), and YouTube (<https://www.youtube.com/channel/NCPCR>) will be held during the campaign period to enable students to interact with experts to reduce their exam stress.  
(Schedule has been made available on NCPCR's website <http://ncpcr.gov.in/showfile.php?lang=1&level=1&sublinkid=1829&lid=1817>)

4. In this regard, we request that the campaign and the live streaming sessions may be promoted through the website and social media accounts of Ministry of HRD as well to reach out to more and more number of students to reduce their exam stress.

With regards,

Yours sincerely,

(Priyank Kanoongo)

Smt. Rina Ray,  
Secretary,  
Department of School Education & Literacy,  
124-C; Shastri Bhawan,  
New Delhi

5वां तल, चन्द्रलोक बिल्डिंग, 36, जनपथ, नई दिल्ली-110 001  
5th Floor, Chanderlok Building, 36, Janpath, New Delhi-110 001  
दूरभाष /Ph. :011-23478212, 23731583 फैक्स /Fax: 011-23731584  
ई-मेल / E-mail : cp.ncpcr@nic.in वेब /Web:www.ncpcr.gov.in