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 NCPCR 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 #ParikshaParChon during the exam period i.e. from 19th February - 15th 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 Mann ki Baat of 29th January, 2017 that “परीक्षा एक उदय है, परीक्षा को ऐसे निजीतृत्व जैसे मातृत्व एक स्थाई है।”

3. The campaign will entail:
   I. Radio spots/singles
   II. Live streaming sessions on Twitter (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://ncper.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,

(Priyanka Kanoongo)

Smt. Rina Ray, 
Secretary, 
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