

KV RWF Yelahanka

INFORMATION to all STAKEHOLDERS

Pariksha Pe Charcha 3.0: Pariksha Parv

Pariksha Pe Charcha-2020 is scheduled on 20.01.2020 by the Hon'ble Prime Minister of India. Taking it as inspiration, NCPCR is conducting "Pariksha Parv 2020" an endeavour to change the perspective of students towards exams and making it a joyful activity. The programme will provide a platform to students to talk about their concerns and interact with renowned counsellors and psychologists.

This programme is in **two phases**:

Phase 1-SCPCR in collaboration with respective SCERTS will conduct orientation cum sensitization programme for Head/Principals by renowned psychologists and counsellors.

Phase-II-Two Activities will be conducted:




- Radio spots/jingling** from 15th January, 2020 to 31st March, 2020.
- Live streaming sessions** from 1st February, 2020 to 31st March, 2020 on Facebook/Twitter /You tube to enable students to **interact with experts** to reduce their exam stress with some Questions.
- Follow NCPCR Website (<http://ncpcr.gov.in/>), Twitter account (<http://twitter.com/NCPCR>) and Facebook page (<https://www.facebook.com/NCPCR.Official/>) for further updates.












The details (schedule for live Streaming sessions of 2019, etc.) and the videos of the sessions in Pariksha Parv-2019 are available at <https://ncpcr.gov.in/index1.php?lang=1&&sublinkid=1928&lid=1820>.

ANNEXURE *

#ParikshaParv

Schedule for Live Streaming Sessions

S.No	Expert	Designation/organization / Profile Link	Date/Time of Live streaming session at NCPCR
1.		Dr. Nimesh G Desai Director Institute of Human Behaviour & Allied Sciences (IHBAS), New Delhi http://www.delhi.gov.in/wps/wcm/connect/doi_ihbas1/IHBAS/Home/Directors+Profile	21 st February, 2019 (Thursday) 3.00-4.00 pm
2.		Dr. Jitendra Nagpal Sr. Consultant Psychiatrist and Head Instt. of Mental Health and Life Skills Promotion & Institute of Child Development and Adolescent Health, Moolchand Medcity, New Delhi http://moolchandhealthcare.com/doctors/Jitendra-Nagpal/56	22 nd February, 2019 (Friday) 3.00-4.00 pm
3.		Mrs. Anita Walia Bashista Sr .Clinical Psychologist Saarthak Mental health Service New Delhi http://ncpcr.gov.in/profile/AnitaWaliaBashista.pdf	26 th February, 2019 (Tuesday) 3.00-4.00 pm

4.		Dr. Amit Sen Child & Adolescent Psychiatrist Sitaram Bhartiya & Director and co-founder- Children First, Mental Health Institute, New Delhi http://ncpcr.gov.in/profile/amitsen.pdf	27 th February, 2019 (Wednesday) 3.00-4.00 pm
5.		Dr. Rajesh Sagar Professor, Department of Psychiatry, All India Institute of Medical Sciences, AIIMS, New Delhi https://www.aiims.edu/en/2014-12-12-06-32-00/psychiatry_faculty/117-psychiatry/1143-dr-rajesh-sagar.html	28 th February, 2019 (Thursday) 3.00-4.00 pm
6.		Dr. Sangita Kumar Psychologist, a Trainer, and Behavioral Consultant New Delhi http://ncpcr.gov.in/profile/sangeetakumar.pdf	1 st March, 2019 (Friday) 3.00-4.00 pm
7.		Dr. Sujata Satpathy Associate Professor, Clinical Psychology, Department of Psychiatry, AIIMS, New Delhi https://www.aiims.edu/en/2014-12-12-06-32-00/psychiatry_faculty/117-psychiatry/8734-dr-sujata-satpathy.html	5 th March, 2019 (Tuesday) 3.00-4.00 pm
8.		Dr. Deepak Gupta Child & Adolescent Psychiatrist Sir Ganga Ram Hospital, New Delhi https://www.sgrh.com/departments/details/472/19	6 th March, 2019 (Wednesday) 3.00-4.00 pm
9.		Dr. Rachna Bhargava Associate Professor in Clinical Psychology, National Drug Dependence Treatment Centre & Department of Psychiatry, AIIMS, New Delhi https://www.aiims.edu/en/2014-12-18-10-55-25/national_drug_faculty.html?id=1483	7 th March, 2019 (Thursday) 3.00-4.00 pm
10.		Ms. Priyanka Mittal Clinical Psychologist Coordinator - Communities that Care Programme http://ncpcr.gov.in/profile/priyankamittal	8 th March, 2019 (Friday) 3.00-4.00 pm
11.		Ms. Geetanjali Kumar Psychologist , Practicing Counsellor, Trainer, Parenting coach, and Motivational speaker, New Delhi http://ncpcr.gov.in/profile/geetanjalikumar.pdf	12 March, 2019 (Tuesday) 3.00-4.00 pm
12.		Dr. Ankita Sharma Psychologist, <i>Expressions India</i> New Delhi http://ncpcr.gov.in/profile/ankitasharma.pdf	13 March, 2019 (Wednesday) 3.00-4.00 pm
13.		Dr. Nishant Goyal Assistant Professor of Psychiatry Central Institute of Psychiatry (CIP), Ranchi, Jharkhand https://cipranchi.nic.in/?p=facultydetails&facid=4	14 th March, 2019 (Thursday) 3.00-4.00 pm
14.		Ms. Maulina Rastogi Psychologist, <i>Expressions India</i> New Delhi http://ncpcr.gov.in/profile/maulinirastogi.pdf	15 th March, 2019 (Friday) 3.00-4.00 pm