



Government of Goa  
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING  
(Goa Samagra Shiksha -Teacher Education Program)

PORVORIM – GOA 403 521

Website: [www.scert.goa.gov.in](http://www.scert.goa.gov.in)

PHONE/FAX-0832- 2417276

e-mail-scertgoa@gmail.com

No. SCERT/Acad./school Heads /Trg./794/2019/039

Date: 06/01/2020

To,

The Heads of all the Government and Aided High Schools and Higher Secondary Schools

**Sub: Orientation-cum-Training Program for the Heads of Schools on 'Pariksha Parv'**

Sir/Madam,

Considering the seriousness of the nature of untoward incidence taking place due to examination anxiety among children, the National Commission for Protection of Child Rights (NCPCR), Government of India has launch a month long campaign '**Pariksha Parv**' during February -March 2020. As part of this campaign, NCPCR, Goa SCPCR in collaboration with Directorate of Education, State Council of Educational Research and Training (S.C.E.R.T.), and Goa Samagra Shiksha - Teacher Education will be organizing one-day Orientation-cum-Training program on "Pariksha Parv" for **the Heads of Government and Aided High Schools and Higher Secondary schools** as per the schedule given below.

Date	Time	Venue
13 <sup>th</sup> January, 2020	9.00 am to 5.00 pm	St. Joseph Vaz Renewal and Spirituality Centre, Old Goa. (Near Health Way Hospital)

You are directed to attend the programme as per the date and time specified above **without fail**.

No TA/DA will be paid to the participants by this Council/NCPCR/SCPCR. However, they may claim TA from the respective institutions. Refreshment and working lunch will be provided at the Venue.



Yours faithfully,

(N. G. Honnekeri)  
Director SCERT

Encl: Programme Schedule.

Copy to:

1. Chairman, NCPCR, New Delhi.
2. Chairman, Goa SCPCR, Panaji-Goa.
3. Director, Directorate of Education, Porvorim
4. The SPD, GSS, Porvorim
5. The Dy. Director of Education of Central, North and South Zones
6. The Secretary, Goa Board of Sec. & Hr. Sec. Edu, Porvorim
7. CAO - GSS, Porvorim.
8. PA to Director, SCERT.
9. Accountant, GSS-Teacher Education, SCERT
10. Guard File

**Programme Schedule on 13<sup>th</sup> January 2020**

**Pariksha Parv.**

9.00am - 9.30am	Registration
9.30am -10.00am	Formal Inauguration Welcome by Chairperson, GSCPCR Address by Director SCERT, Address by Director Education, Address by Chief Guest, Hon'ble CM/EM.
10.00 am -11.00 am	Session I (Resource person from NCPCR)
11.00 am -11.30 am	Tea Break
11.30 am - 12.45noon	Session II (Dr. Allen Abreo) De-stressing the exam stress
12.45noon - 2.00pm	Lunch Break
2.00pm - 3.15 pm	Session III (Dr. Peter Castellino, Psychiatrist) Psychological aspects of facing the examinations & results
3.15 pm - 3.30 pm	Tea Break
3.30 pm - 4.30 pm	Panel discussion (Pariksha Pe Charcha) Panel:-1. Mrs. Prachi Khandeparkar (Psychologist) Social Quotient & parenting 2. Mrs. Ketaki Gadekar (Psychologist) Emotional Quotient 3. One student volunteer Sharing experiences  Mr. Nagraj Honnekeri (Director, SCERT) Moderator for Panel Discussion
4.30 pm- 5.00 pm	Question & answer Followed by Vote of Thanks

