

GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF SCHOOL EDUCATION & LITERACY

LOK SABHA
UNSTARRED QUESTION No. 2373
TO BE ANSWERED ON 08.07.2019

Depression in Students

2373. SHRI PINAKI MISRA:

Will the Minister of HUMAN RESOURCE DEVELOPMENT be pleased to state:

- (a) whether it is a fact that there were cases of depression and nervous breakdown amongst the teenagers taking the board exams due to parents or peer pressure and if so, the details thereof;
- (b) the number of such cases which were reported and the number of such students who failed to take the board exams; and
- (c) whether any attempt was made by the Government to counsel the parents to refrain from creating pressure beyond the capacity of their children?

A N S W E R

**MINISTER OF HUMAN RESOURCE DEVELOPMENT
(SHRI RAMESH POKHRIYAL 'NISHANK')**

(a) & (b): The Department of School Education and Literacy, Ministry of Human Resource Development does not maintain any such information. However, two cases of psychological disturbances were reported at Jawahar Navodaya Vidyalaya (JNV), Bangalore during the year 2017-18. Required support was provided to counsel the students and parents. As per the medical advice and the request of the parents, both students did not appear in the board examination in the year 2018 for Class XII.

(c): In 2018 and 2019, the Department of School Education and Literacy, Ministry of Human Resource Development organised '*Pariksha Pe Charcha*' to reduce the stress of examinations, wherein the Hon'ble Prime Minister, Shri Narendra Modi interacted with a cross section of students, teachers and parents from India and abroad. The students, teachers and parents not only participated in the unique event but also received valuable tips from the Hon'ble Prime Minister. It was emphasized in the programme that the students take exams in a relaxed atmosphere and do not come under stress to ensure better results in the long run.

Central Board of Secondary Education (CBSE) provides pre-examination and post result counseling services to students and parents every year to overcome exam related anxiety, common psychological problems and general queries related to classes X and XII, as a part of the Board's outreach programme, which caters to the heterogeneous students' and parent's population and vast geographical network of schools.

During the year 2018-19, pre-exam tele-counseling was available from 01.02.2019 to 04.04.2019 and the post-result counseling was available from 02.05.2019 to 16.05.2019. CBSE has also introduced the facility of Interactive Voice Response System (IVRS) on a toll free number 1800 11 8004 which can be accessed anytime anywhere by the callers. In addition to this, comprehensive audio and textual material to cope with result related anxiety are also available on the CBSE website.

In the Kendriya Vidyalayas (KVs) and the schools under Central Tibetan Schools Administration (CTSA), meetings with parents are convened at regular intervals.
