

INDIAN SCHOOL AL GHUBRA

2<sup>nd</sup> January 2024

To all Parents of students of Classes 10 and 12

Dear Parents,

In view of the forthcoming CBSE Board examinations, CBSE has issued a Press Note on the 31<sup>st</sup> of December 2023 and according to this, CBSE will provide psychological counselling facility to students and parents of classes 10 and 12.

Details of the counselling facilities are as follows :

1. IVRS: Free of cost IVRS facility will be made available 24x7 for students and parents on Board's toll free number 1800-11-8004. Through this, information and suggestions about stress-free preparation for examinations, time and stress management, Frequently Asked Questions (FAQs), important contact details of CBSE offices, can be accessed in Hindi and English.
2. Podcasts: Bilingual podcasts on the same subjects can also be listened to on the CBSE official website [www.cbse.gov.in](http://www.cbse.gov.in)
3. Tele-counselling: Tele-counselling is a voluntary and free of cost service, which will be available from 9:30 am to 5:30 pm from Monday to Saturday.
4. Audio-Visual content on Youth Experiences, Aggression, Depression, Internet Addiction Disorder, Examination Stress, Multimedia content on various topics such as Specific Learning Disabilities, Substance Use Disorders and Life Skills to deal with them can also be viewed and listened to.

Students and parents are requested to please take advantage of this counselling programme being organised by the CBSE.

With best wishes

Principal