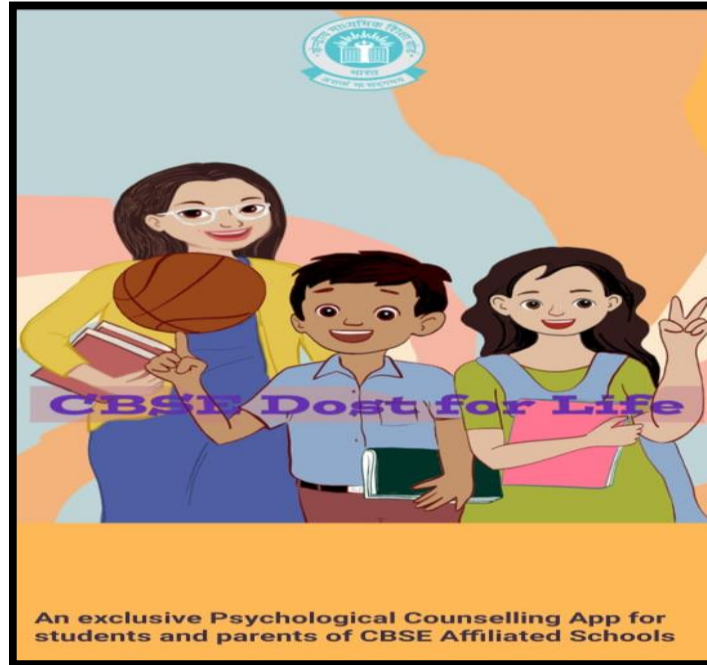


# **BANASTHALI PUBLIC SCHOOL**

G-Block, Vikas Puri, New Delhi-110018

Circular No. BPS/21-22/11 **APPLICABLE FOR CLASS IX TO XII** Dated: 10.05.2021

## **CBSE INITIATIVE FOR PSYCHOSOCIAL WELL-BEING OF STUDENTS – CBSE DOST FOR LIFE**



Dear Parent/Student,

We are pleased to inform you that CBSE has started an annual counselling program with an all new feature, **a friendly app for students and parents alongside multiple other facilities from 10<sup>th</sup> May 2021(Monday).**

For this **CBSE has launched a new app for Psycho Social Wellness of students of classes IX-XII “CBSE DOST FOR LIFE”** during the pandemic. Making a departure from the existence practice of counselling through toll free number across the country, board has designed this facility for the ease, convenience and utility of students and parents with his safe home environment.

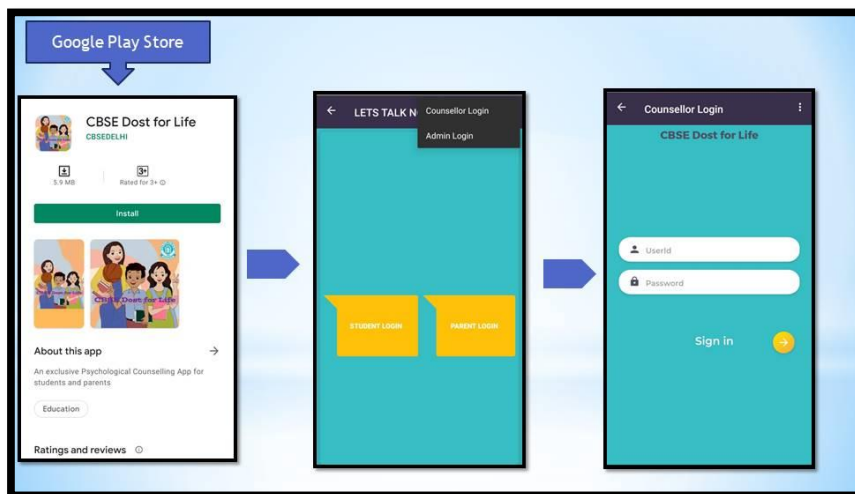
**CBSE Dost For Life** app is available on Google Play store and can be easily downloaded on any Android phone initially. The board will extend this facility for other phone users in due course of time. The students and parents can choose any of the two time slots: **9.30 am - 1.30 pm or 1.30 pm - 5.30 pm** and connect through a Chat box as per their convenience.

**The app comes packed with features like:**

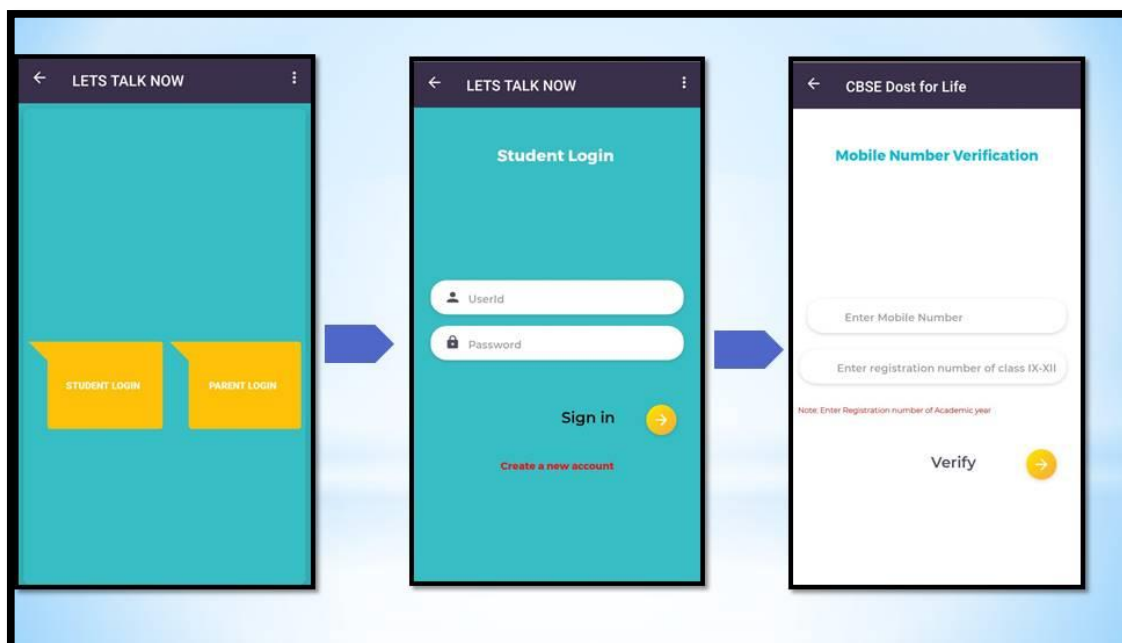
- 1. Counselling Sessions-** The live counselling sessions will be conducted free of cost, thrice a week on Monday, Wednesday & Friday by the trained Counsellors/Principals.
- 2. Tips on Mental Health & Well Being**
- 3. Suggestive Course guide after 10+2**
- 4. Corona Guide**
- 5. Rap songs**

## A snapshot of steps for downloading the app:-

1. CBSE Dost For Life app can be downloaded from Google Play Store on any Android phone.



2. Students and parents can login by entering the registered mobile number and registration number of CBSE class IX-XII and
3. Start live counselling via chat box.



Parents and Students are requested to download the above App as it will help the students in dealing with Exam Anxiety, Internet Addiction Disorder, Depression, Specific Learning Disability, Substance Use Disorder, Aggression and Life Skills .

**This can be accessed at website [cbse.nic.in](http://cbse.nic.in) and YouTube channel of CBSE.**

Enjoy Learning! Stay at Home! Stay Safe!

Principal