

**EDUCATIONAL VOCATIONAL GUIDANCE BUREAU,
EDUCATION DEPARTMENT, GNCT OF DELHI,
PLOT NO.3, SCIENCE CENTRE, LINK ROAD, JHANDEWALAN,
NEW DELHI – 110 005**

F.No.DE 40(20)(132)/EVGB/Yuva Helpline/ 06

Dated : 16/02/2024

CIRCULAR

Sub: 24*7 Yuva Helpline during Board Exams

As we know that, CBSE board exams 2024 have started with effect from 15/02/24 and during this time students begin to feel exam stress.2

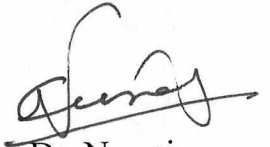
Toll-free Yuva Helpline (1800116888/10580) runs throughout the year in two shifts from 07:30 am to 06:30 and also provides telephonic and face to face Counselling and Guidance for Psycho Social Issues, Academic Concerns, Course/Stream Selection, Career Information, Stress, Body Image Related Myths, Relationship Issues, Difficulty in Coping with Parental Pressure, Emotional Issues, Bullying, Sexual Harassment, Substance Abuse etc To Students, Teachers, Parents & General Public.

Exam Stress may cause students feel anxious, depressed, demotivated and can also cause disturbed sleeping or eating habits. Pressure of completing the syllabus, time management and parental expectation are major factors causing stress in students and sometimes it becomes critical in respect of their mental health. In view of the above fact students need to share their problems and availability of counselling services whenever needed.

As such, YUVA Helpline will now run 24* 7 during the board examinations 2024.

All HOSSs, Teachers, Teacher Counsellors, EVGCs are requested to disseminate the information among students

This issues with prior approval of Competent Authority



Dr. Neeraj

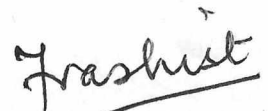
DDE, EVGB

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Copy forwarded to following for information & necessary action (through Website) —

1. PS to Director (Education), Directorate of Education, GNCTD
2. PS to Addl. DE (EVGB), Directorate of Education, GNCTD
3. All DDEs (Districts/Zones)
4. All HoSs
5. IT Branch to Upload
6. Guard File



Yasmin Vashist

CIC, EVGB