

**EDUCATION & VOCATIONAL GUIDANCE BUREAU
DIRECTORATE OF EDUCATION, GNCT OF DELHI
Vidya Samiksha Kendra, Boulevard Road, Delhi-110054
Email: evgcbureau@gmail.com**

F.DE.40(20)/EVGC/2006/516-522

Dated: 18.11.2025

CIRCULAR

Sub.- Pre-Examination Counselling and Stress Management

Stress management is very important for school students because it helps them stay focused, healthy, and emotionally balanced. School life often brings pressure from exams, assignments, and expectations, which can lead to anxiety and poor performance if not handled properly. By managing stress through healthy habits like exercise, time management, and relaxation, students can improve concentration, maintain good relationships, and boost their confidence. Learning to cope with stress at an early age not only enhances academic success but also builds resilience and positive life skills for the future.

As exams approach, the level of stress anxiety may escalate many folds. EVGCs are trained professionals who empower students with life skills, to help them to deal effectively with stressful situations and turn their plans into reality successfully.

To help our learners to maintain emotional well-being and a healthy balance between studies and personal life, EVG counsellors will provide **Pre-Examination Counselling and Stress Management** to all students of class 10th and 12th of Govt. Schools of DoE.

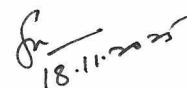
This will be completed in two phases first phase starting from **15th November 2025 to 10th December 2025** and second phase will be organised in **January -February 2026**. The second phase may continue on need basis throughout the exams.

EVGCs will submit report to their respective CIC/Nodal Officer (EVGC) by **28 February 2026** as per **Annexure A**. CIC/Nodal Officer (EVGC) have to submit a compiled report to EVG Bureau positively by **First Week of March 2026** as per **Annexure B**.

Pre Exam Counselling and stress management will be done by respective EVGC in their schools. CIC/District Nodal officers will make sure to depute EVGCs to carry out the project in schools where EVGCs are not posted.

The EVGCs will hold focused workshops for this on regular basis and also, they will provide individual counselling whenever required.

1. During Exams the **Yuva Helpline** will run as usual and the helpline number is given below **-1800116888/10580**.
2. The Counsellor In charge/ Nodal Officer (EVGC) of respective districts will be monitoring the progress of the sessions conducted by EVGCs. Records should be maintained by EVGCs and proper follow up of the Sensitive cases during the entire duration should be done.
3. The Counsellor In charge/ Nodal Officer (EVGC) will ensure that the above workshops cover all the major components for the benefit of the students at large.

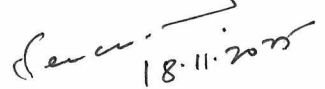

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HOS need to provide time, space and support to their EVGC and EVGC teams visiting their schools for timely completion of the project.

To help students in need Educational Vocational Guidance Bureau has established a toll-free YUVA HELPLINE. Students who require counselling for any aspect can call on this helpline. Teachers and parents can also call to seek help regarding issues pertaining to students. Access to these resources is designed to provide confidential, supportive, and professional guidance for academics, emotional stress, family issues, or psychological distress.

YUVA HELPLINE NUMBER 10580/1800116888 NEEDS TO BE DISPLAYED AT PROMINENT PLACES IN SCHOOLS. It should be displayed near the School Entrance Gate, Principal Office, EVGC Room and Admission Room.

This issue with the approval of the Competent Authority


(SEEMA ROY CHOWDHURY)
Deputy Director (EVG Bureau)

Encl:- Annex. A & B

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Copy to:

1. PS to Secretary (Education) ,Dte of Education, GNCTD
2. PS to Director (Education), Dte of Education ,GNCTD
3. PA to Addl. DE (Admn./EVGB), Dte of Education ,GNCTD
4. All DDE (District), Dte of Education
5. All HoSs, CICs/Nodal Officers (EVGCs), and EVGCs through EDUDEL
6. IT Branch to upload on MIS
7. Guard File


(PRAMOD)
OSD (EVG Bureau)

Annexure A

School to District

Name of District	Zone	Name of EVGC	Name of School	School ID	Total no. of students in 10th class	No. of Students of 10 class covered for stress management	Total no. of students in 12th class	No. of students of 12th class covered for stress management	Remarks if any

Annexure B

District To EVGB

Name of District	Zone	Total no. of Schools	Total no. of Schools covered	Total no. of students in 10th class	No. of Students of 10 class covered for stress management	Total no. of students in 12th class	No. of students of 12th class covered for stress management	Remarks if any