

Circular for Parents of Classes IX to XII Session 2021-22

SIS/ACAD-MAY 003/2021

May 12, 2021

**Subject: CBSE Initiative For Psychosocial Well-being Of Students -
“ CBSE Dost For Life”**

Dear Parent
Namaste

We are happy to inform you that CBSE **has launched a new app for psycho social Wellness of students** of Classes IX-XII during the pandemic. Making a departure from the existing practice of counselling through a toll free number across the country, the board has designed this facility for the ease, convenience and utility of students and parents within the safe home environment.

The app comes packed with features like:

- Counselling Sessions
- Suggestive Course guide after 10+2
- Tips on Mental Health & Well Being
- Corona Guide - (Daily Protocol, Learning from Home, Self-Care, FAQs)
- Rap songs

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.

We are confident that students will derive great benefit from this new initiative of CBSE. It will help them remain positive and motivated during these difficult times.

Kindly ensure that your ward downloads this app and makes full use of all the efforts being put in by CBSE for the psychological well being of students.

[A detailed circular received from CBSE is attached herewith for your reference. \(click here to download\)](#)

Kind regards

Dr. Lalita Singh
Principal