

**QUEEN'S VALLEY SCHOOL
PARENTAL CIRCULAR – FOR CLASSES X TO XII**

QVS/2021-22/CC-20

DATE : 14.05.2021

Dear Parent

CBSE has launched a new app - **CBSE Dost for Life** - for psycho-social wellness of students of classes X-XII and their parents. The counselling sessions will be conducted live and free of cost by trained professionals thrice a week : Monday, Wednesday and Friday. Students and parents may choose any of the two time slots: 9:30 am – 1:30 pm or 1:30 pm – 5:30 pm and connect with experts via the chat box as per their convenience.

Educative material on social, emotional and behavioural issues may be accessed at website www.cbse.nic.in and the official YouTube channel of CBSE.

Besides opportunity for counselling, the **Dost for Life** app also provides students information on:

- suggestive course guide after 10+2
- mental health and well being
- Covid- 19 (Daily Protocol, Learning from Home, Self Care, FAQs)

The **CBSE Dost For Life** app can be downloaded on Android devices from Google Play Store:

https://play.google.com/store/apps/details?id=com.cbse.it.CBSEDOST_FOR_LIFE

NOTE: Interested students may call at **9210070276** for acquiring the CBSE registration number required at the time of registering on the app.

Warm Regards

PRINCIPAL