



ITL

24x7 EXAM HELPLINE



You're Not Alone—We're Here for You!



**Talk to our
School
Counselor,
HODs, and
Coordinators**



**Get expert
strategies to
manage
stress & stay
focused**



**Reach out
anytime—
We're just a
call away!**



**Turn
anxiety into
confidence**

Overwhelmed



Self doubt



Anxious



Stressed



Let's turn stress into strength !



Dear Parents

As the Board Examinations draw near, we understand that this can be a time of heightened anxiety, self-doubt, and immense pressure for our students. The journey of preparation can feel overwhelming, and we want our students and their parents to know they are not alone.

At ITL, we believe that success is not just about academic excellence but also about emotional resilience. To support our students and parents through this crucial phase, we are launching a dedicated Exam Helpline—a space where they can share their concerns, seek guidance, and find reassurance.

Our School Counselor, HODs, and Coordinators will be available to listen, guide, and empower our students with strategies to manage stress, boost confidence, and stay focused. Whether it's battling last-minute jitters, overcoming self-doubt, or simply needing a compassionate ear, our team is here to help.

- ✔ For Class XII: HODs and subject teachers will be available 24X7 to address academic concerns and provide guidance.
- ✔ For Class X: Subject teachers will be available at all times to support students in their exam preparation.

We urge you to encourage your child to reach out whenever they feel overwhelmed. Together, let's remind them that their well-being matters just as much as their performance. We are with them—every step of the way.

Let's turn their stress into strength, their doubts into determination, and their fears into faith.

Parents are also welcome to reach out for guidance and support whenever required.

Regards