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Government of Jammu & Kashmir

Directorate of School Education, Jammu

No. : DSEJ/Counselling Cell/15252-64 Dated: 23/04/.2021

The Chief Education Officer (All)
Jammu Division.

Subject: Monthly Parent Teacher Meet (PTM) on 26th of April, 2021 in context with "Parenting and Virtual Learning amid COVID19 Pandemic and Closure of Schools thereof".

Sir

Apropos the subject cited above,. In view of the closure of educational institutions vide Government order No. 21-JK (DMRRR) of 2021 due to situation pertaining to the spread of COVID19 in Jammu and Kashmir, the Parent Teacher meet for the month of April, 2021 will be held on 26th day (Monday) in virtual mode only on **"Parenting and Virtual Learning amid Closure of Schools".**

Therefore, in view of the above all the chief education officers are hereby directed to instruct heads of institutions to organize PTMs on the above mentioned themes through online/virtual platforms and sharing of necessary instruction and guidelines as given in Annexure I.

Further, a proper data regarding the number of parents, learners and teachers participated in the event (in hard and soft copy) should be submitted via E-Mail (counsellingcell-dsej@jk.gov.in) for compilation of divisional report.

Yours Faithfully

Annexure(1)

(Dr. Ravi Shankar Sharma) KAS
Director School Education
Jammu

Copy to the:

1. Administrative Secretary, School Education Department Govt. of J&K UT, Civil Secretariat Jammu for information.
2. Romesh Kumar Head Counselling Cell DSEJ for information.
3. I/C Website for uploading on website.

ANNEXURE I

- **Parenting Tips**

  The current situation is presenting a daunting challenge not only for students but also for teachers and parents, yet cooperation of parents in the wake of this pandemic is utmost importance.

1. Support teachers to maintain the academic routine via virtual mode.
2. Support teachers by making your children attend online classes actively which will go long way in enriching the utility and productivity of these Pandemic times.
3. Highlight the importance of respiratory hygiene and avoid social gathering.
4. Practice social distancing, wear mask and repeated hand wash.
5. Maintain healthy lifestyle such as sleep time, balanced diet, learning and play time via flexible schedule to stay focused and motivated.
6. Be a role model by managing your own stress.
7. Act as patient listener
8. Provide emotional support.
9. Seek guidance from school teachers if required
10. Validate their feeling and behave empathetically.
11. Spend quality family time.
12. Assure your presence to them.
13. Practice yoga, physical activities, games meditation etc.
14. And Vigil the screen time of your wards.

- ***In case the child/parent need any psychological support, aware them to call at "Aao Baat Karein" - Tele-counselling helpline no "6006800068"***