

GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION JAMMU

C I R C U L A R NO: 10-DSEJ OF 2020

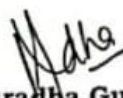
D A T E D: 24-03-2020

Subject:Tele-counselling helpline “**Aao Baat Karein**”.

In view of prevailing situation due to Corona virus threat, Directorate of School Education, Jammu has decided to extend the services of its Tele Counselling helpline **Aao Baat Karein** beyond its basic functions to making an effort to resolve the problems currently being faced by students, parents and teachers. For this purpose, the Directorate has collaborated with the **Brainpreneurs – Child Development Centre (CDC)**, Jammu, an organization dedicated to the cause of Child Mental health. The trained clinical Psychologists of Brainpreneurs-CDC along with our teacher Counsellors/Counselling Psychologists shall be available for counseling to guide students, parents and teachers on the helpline number **6006800068**. All the Students, Parents & Teachers feeling any anxiety or other issues arising due COVID-19 pandemic can call on the helpline number from 10 AM to 7 PM up to 31st March, 2020 till further announcements in this regard.

Helpline Key Features:

- ❖ Trained Counsellors, Clinical Psychologists, Teacher Counsellors will be available to handle the queries.
- ❖ Guidance to plan study schedules which can be followed by students and parents at home.
- ❖ References to Government/WHO guidelines for safety & security.
- ❖ Guidance about use of digital study tools like television, radio, and virtual/e-resources so as to have optimum utilization of precious time.
- ❖ The Tele-counselling helpline number shall continue to receive calls related to routine academic, career and psychological issues faced by students and teachers even after 31st March 2020.


(Anuradha Gupta) KAS
Director School Education
Jammu

No: DSEJ/CC/9171-98 Dated:- 24-03-2020

Copy to the:-

1. Principal Secretary to Government, School Education Department, Civil Secretariat, J & K, Jammu for favour of information.
2. Joint Director Information (Jammu) J&K for favour of information with the request to publish the same in at least three dailies.
3. Joint Directors (all) of this Directorate & Districts for favour of information.
4. Chief Education Officer(s)_____ (all), Jammu Division for information and n/a.
5. Principal DIET(s)_____ (all), Jammu Division with for information and n/a.
6. I/C Website DSE, Jammu for uploading the Circular on official website of the Directorate.