

MOUNT LITERA ZEE SCHOOL, JOKA

SESSION: 2020-2021

Circular: JOKA/ACAD/020/033

29th July, 2020.

Dear Parents,

Greetings from Mount Litera Zee School, Joka!

It is known to all of us that pandemic COVID-19 has taken a toll on the wellbeing of citizens. Our social life is disrupted leaving all of us in uncertainty and disturbing our mental peace. However as an organisation which has always worked hand in hand with parents we urge all our parents and students to have the strength to overcome all the challenges posed by this unprecedented situation.

Keeping the present scenario in mind Ministry of Human Resource Development has launched 'Manodarpan', a website specially built to provide support to all who need it during COVID outbreak and beyond. Union Finance Minister Nirmala Sitharaman launched this website as an initiative to provide psychological support and counselling to students, teachers and families for mental health and emotional well-being.

'Manodarpan' comprises of: 1. Advisory guidelines: to deal with the stress of lockdown. 2. Useful tips: for teachers, students and families to engage themselves in meaningful and productive activities. 3. Podcast and video section: to motivate students to make the most of their available time and also to give a sense of being connected. 4. Do's & Don'ts: useful hygiene tips to stay safe and healthy.

Most importantly the website provides a **National toll free helpline number: 844-844-0632** especially dedicated to address students' psychological issue.

We believe the initiative will be of great importance even in the post-corona times for being proactive wellbeing service.

Let us all move forward with the hope of a healthier and happier tomorrow.

Regards,

MLZS, JOKA.