

EDUCATIONAL VOCATIONAL GUIDANCE COUNSELLING BUREAU,  
DIRECTORATE OF EDUCATION, GNCT OF DELHI,  
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F. No. DE 40(20) (132)/EVGB/Yuva Helpline/591-598

Dated: - 30.01.2026

**CIRCULAR**

The pressure that students experience during CBSE Board exams is significant and complex, impacting not only their academic performance but also their emotional and physical well-being. During examinations, students often experience anxiety related to parental expectation, the fear of failure, the pressure of performance and face difficulty in completing the syllabus and time management issues.

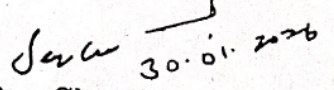
This year CBSE Board examinations are going to commence from 17<sup>th</sup> February 2026 and will go on till 09<sup>th</sup> April 2026.

EVG Bureau's Yuva Helpline which is Toll-free (10580/ 1800116888) runs throughout the year 7.30 AM to 6.30 PM and provides telephonic and face to face counselling and Guidance to students, parents & teachers regarding Educational, Vocational & Psycho-Social Issues.

However, during CBSE Board exams YUVA Helpline will run 24X7 from 01<sup>st</sup> February 2026 till the completion of current CBSE Board Examination to support the students in this critical time.

All the HOSs, EVGCs, Teacher Counsellors, Teachers are directed to widely disseminate the information among students and parents.

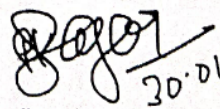
This issues with the prior approval of the Competent Authority.

  
(Seema Roy Chowdhury)  
DDE (EVGB)

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Copy to

1. PS to Director (Education), Directorate of Education, GNCTD
2. PA to Addl.DE (EVGB), Directorate of Education, GNCTD
3. All DDEs (District), GNCTD (through Website) for compliance
4. All the HoSs of the Govt Schools (through Website) for compliance
5. All CIC/Nodal Officer (EVGC) (through Website)
6. All EVGCs /Teacher Counsellor (through Website)
7. IT to upload on MIS
8. Guard File

  
(Pramod)  
OSD (EVGB)