

Date: 17.05.2022

To,

DTC/ Dy. DTC/ Head/ Principals of the Schools/Institutions
Under the jurisdiction of COE, Guwahati

Sub.: Webinar for parents on “Stress Management” with special emphasis on dealing with exam stress – reg.

On the subject cited above, I am directed to inform you that a webinar for parents of classes 10th and 12th students’ on “Stress Management” with special emphasis on dealing with exam stress will be conducted this week as per the Date and Time mentioned below:

Sl. No.	Date	Time	Schools of states	Resource Person
1.	20 th May 2022	16:30-17:30	Assam, Manipur, Mizoram, Nagaland	Sangita Bhattacharya
2.	21 st May 2022	16:00-17:00	Arunachal Pradesh, Meghalaya, Sikkim, Tripura	Sangita Bhattacharya

The said webinar will be conducted on the WEBEX meetings platform for which meeting links are given below:

❖ **Assam, Manipur, Mizoram, Nagaland:**

Meeting link:

<https://cbse.webex.com/cbse/j.php?MTID=m267a8bab559fb4aa122070b39fe6041e>

Meeting number:
2515 858 2357

Meeting password:
DGnv3gK3JM2

Join from a video or application
Dial 25158582357@cbse.webex.com
You can also dial 210.4.202.4 and enter your meeting number.

Join by phone
+91-80-6480-0114 India Toll (Bangalore)
+91-172-648-0026 India Toll (Chandigarh)
Access code: 25158582357

Global call-in numbers
<https://cbse.webex.com/cbse/globalcallin.php?serviceType=MC&eventID=1574789947&tollFree=0>

❖ **Arunachal Pradesh, Meghalaya, Sikkim, Tripura:**

Meeting link:

<https://cbse.webex.com/cbse/j.php?MTID=md57c302e5e2f134ad158a59ae49158f8>

Meeting number:
2515 282 3036

Meeting password:
DGnv3gK3JM2

Join from a video or application
Dial 25152823036@cbse.webex.com
You can also dial 210.4.202.4 and enter your meeting number.

Join by phone
+91-80-6480-0114 India Toll (Bangalore)
+91-172-648-0026 India Toll (Chandigarh)
Access code: 25152823036

Global call-in numbers
<https://cbse.webex.com/cbse/globalcallin.php?serviceType=MC&eventID=1574777697&tollFree=0>

Keeping in the view of the above, all the District Training Coordinators (DTC/Dy. DTC), Head/Principals of the Schools are requested to disseminate the information about the above program in the respective groups/ areas of their responsibility so that a large number of parents can participate in the webinar and get benefited from it.

Thongkholet Mate
(Head COE, Guwahati)