

Stay calm and don't worry about results: Counsellors

HT Correspondent

htmetro@hindustantimes.com

MUMBAI: A day after a student of Don Bosco School committed suicide, counsellors and school principals asked students to maintain their cool and reach out for support during the exam period.

A student of Don Bosco School at Mira Road hanged herself at her home on Tuesday morning, just before she was to appear for her Urdu paper.

The SSC, HSC, ICSE and CBSE exams have begun.

"Students should remain calm and not worry about the result," said Dr Arun John, executive vice-president of the Vandrewala Foundation, whose helpline has received 11,000 calls since it opened in August 2009.

"Parents and teachers should also be on the lookout for symptoms such as panic, irritability or unusual statements from children."

Other symptoms for parents to look out for in students are tiredness, lethargy, loss of appetite, low motivation, sleep disturbances and low moods.

"At this stage, the most crucial thing is parental support," said CR Pathak, principal of HVB Academy at Marine Lines. "Parents should not impose their expectations on their children or compare them with others. They should show them that the whole family is with the child."

Schools too, have a responsibility, say principals. "The exams have started but that does not mean that the respon-

JUST A CALL AWAY

GENERAL HELPLINES

Aasra: **2754889**

Childline: **1098**

Vandrewala Foundation: **25706000**

BOARD HELPLINES

CBSE helpline: **1800 11 7002** 24 hrs

Maharashtra state board helpline, Mumbai division: **27893756 (7am to 9pm)**



Parents should not impose their expectations on their children. They should show that the whole family is with the child.

CR PATHAK,
principal of HVB Academy at
Marine Lines

sibility of the school is over," said Father Francis Swamy, principal of the Holy Family School in Andheri.

"The school should have such an environment so that students and parents know they can approach the school for help."