



31.01.2018

PRESS NOTE

**CBSE PRE EXAM ANNUAL PSYCHOLOGICAL COUNSELLING TO BEGIN FROM
01st FEBRUARY TO 13th APRIL 2018**

For the 21st consecutive year CBSE will be providing psychological counselling services to students at the time of preparation as well as during the examinations to overcome exam related stress. **The Pre-Examination Psychological counselling for students and parents will begin from the 01st of February 2018, and will continue up to 13th April, 2018.** The CBSE annual counselling is an outreach programme which caters to the heterogeneous students' population and vast geographical network of schools.

1. **CBSE TELE-COUNSELLING** is offered by Principals and trained counsellors from within CBSE affiliated schools located in and outside India. **It is a voluntary, free of cost service provided by the participants.**

This year **91** Principals, trained Counsellors from CBSE affiliated government and private schools, few Psychologists and Special Educators will participate in Tele-Counselling and address exam related psychological problems of the students. **71** of them are available in India while **20** are located in Nepal, Kingdom of Saudi Arabia (Al-Khobar), Sultanate of Oman, UAE (Dubai, Sharjah, Ras Al-Khaimah), Kuwait, Singapore, Qatar and Japan.

2. **Centralized Toll Free Access in India - Students can dial a toll free number 1800 11 8004 from any part of the country** which will give centralized access to CBSE helpline. While the general queries will be answered by the operators, students will be connected to the principals or counsellors in case of exam related anxiety or stress. The tele helpline will be operational from 08 AM to 10 PM from 01st February to 13th April 2018 on all days.
3. **Tele-Counselling for Differently Abled Students-** For the ninth year CBSE has arranged to provide counselling to **differently abled students. 04 Special Educators** are participating to take care of issues of differently abled students.
4. **Question-Answer Columns** - CBSE experts will answer queries of students through weekly Question-Answer columns to be published in major national newspapers during the month of February.
5. **ON-LINE Queries** will also be replied at **counselling.cebse@gmail.com**.
6. **CBSE WEBSITE-** Easy to follow advises to cope with exam related anxiety will also be available at the CBSE website **www.cbse.nic.in** through micro link **Helpline**.

Rama Sharma
Senior Public Relations Officer