



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. The details are as mentioned hereunder:

Name & Designation	School Name	Contact Number	Timings
Dr. Sridevi P. Thashnath Principal	Indian School Darsait, Jibroo, Muscat, Sultanate of Oman	+968-99432243	8 PM to 10 PM

2. **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.
3. **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.
4. **ON-LINE Queries** will also be replied at **counselling.cebse@gmail.com**.
5. **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