



Central Board of Secondary Education
Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi -110 301

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PRESS NOTE

CBSE LAUNCHES PRE EXAM ANNUAL COUNSELLING FOR STUDENTS AND PARENTS FROM 1st FEBRUARY TO 22nd APRIL 2016

The Pre-Examination counselling for students and parents will begin from the 1st of February and will continue up to 22nd April, 2016. This is the 19th consecutive year that CBSE will provide psychological counselling services to students at the time of preparation as well as during the examinations to overcome exam related stress.

The CBSE annual counselling is an outreach programme which is carefully designed keeping the heterogeneity of students' population and geographical spread. Multiple modes of communication such as telephonic counselling, Question Answer columns in newspapers and online counselling through CBSE website are used to reach out to more and more examinees during this phase.

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 **76** Principals, trained counsellors from CBSE affiliated government and private schools and few psychologists will participate in Tele-Counselling and address exam related psychological problems of the students. **60** of them are available in India while **16** are located in Nepal, Japan, Kingdom of Saudi Arabia (Jeddah, Sulntate of Oman, Al Khobar), UAE (Sharjah, Dubai, Ras Al-Khaimah) and Kuwait.

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 1st February to 22nd April 2016 on all days.

Counselling for Differently Abled Children

For the seventh year CBSE has arranged to provide counselling to **differently abled children** to take care of the needs and anxiety of special children.

2. 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.

3. ON-LINE COUNSELLING

For On-line counselling counselling.cebse@gmail.com and sugandh.cbse@gmail.com can also be contacted.

4. CBSE WEBSITE

Information related to examinations and techniques to cope with exam related anxiety is also provided at the CBSE website www.cbse.nic.in through micro link **Helpline**.

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