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PRESS NOTE

**CBSE PRE EXAM ANNUAL PSYCHOLOGICAL COUNSELLING TO BEGIN FROM
9th FEBRUARY TO 29th APRIL 2017**

For the 20th 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 9th of February 2017, and will continue up to 29th April, 2017.** 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 **90** 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. **68** of them are available in India while **22** are located in Nepal, Japan, Kingdom of Saudi Arabia (Al-Khobar, Jeddah), Sultanate of Oman, UAE (Dubai, Sharjah, Ras Al-Khaimah), Kuwait, Singapore and Qatar.

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 9th February to 29th April 2017 on all days.

2. Tele-Counselling for Differently Abled Students

For the eighth year CBSE has arranged to provide counselling to **differently abled students. 4 Special Educators** are participating to take care of issues of differently abled students.

3. ON-LINE COUNSELLING will be available at **counselling.cebse@gmail.com**.

4. CBSE WEBSITE

Easy to follow advises to cope with exam related anxiety will also be given at the CBSE website **www.cbse.nic.in** through micro link **Helpline**.

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