



# Central Board of Secondary Education

Shiksha Kendra, 2, Community Centre, Preet Vihar, Vikas Marg, Delhi-92.

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## **PRESS NOTE**

### **PRE EXAM CBSE ANNUAL COUNSELLING FOR STUDENTS AND PARENTS BEGINS FROM 1<sup>ST</sup> FEBRUARY TO 17<sup>TH</sup> APRIL 2014**

**The Pre-Examination counselling for students and parents will begin from the 1<sup>st</sup> of February and will continue up to 17<sup>th</sup> April, 2014.** This is the 17<sup>th</sup> 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 Answers 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 trained counselors and Principals from within CBSE affiliated schools located in and outside India. It is a voluntary, free of cost service provided by the participants.

This year **59** Principals, trained counselors from CBSE affiliated government and private schools and few psychologist will participate in Tele-Counselling and address exam related psychological problems of the students. **49** of them are available in India while **10** are located in Nepal, Kingdom of Saudi Arabia (Al Khobar, Riyadh), Japan, UAE (Dubai, Sharjah, 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 counselors in case of exam related anxiety or stress.

## **Counselling for Specially Abled Children**

For the fifth year CBSE has arranged to provide counselling to **specially 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 national newspapers like The Hindustan Times including HT Main and HT Horizon (Education), Malayalam Manorama and Amar Ujala during the month of February.

### **3. ON-LINE COUNSELLING:**

Public can also log on to the CBSE website and Interact with Chairman on exam related issues. The Professor and Director (Academic, Research, Training and Innovation) and Controller of Examinations, CBSE can also be contacted for On-line counselling on: **directoracad.cbse@nic.in,**  
**mcsharma2007@rediffmail.com.**

### **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** by accessing icon **Helpline.**

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