PRESS NOTE (OUT SIDE INDIA)

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, Sultnate of Oman, Al Khobar), UAE (Sharjah, Dubai, Ras Al-Khaimah) and Kuwait. The details are as mentioned hereunder:

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<th>Name &amp; Designation</th>
<th>School Name</th>
<th>Contact Number</th>
<th>Timings</th>
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<tbody>
<tr>
<td>Dr. E. K. Mohammed Shaffe</td>
<td>International Indian School, Dammam,</td>
<td>00-966-500876874</td>
<td>8 PM to 10 PM</td>
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<tr>
<td>Principal &amp; H.O.I.</td>
<td>Al Khobar, Kingdom of Saudi Arabia</td>
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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.cecbse@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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