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Press Note

CBSE psychological counselling first phase from January this year

For the first time after COVID, CBSE class X and XII annual examinations will be conducted in regular physical mode. The students will appear in the written examination after a gap of nearly two years. For the ease and familiarization of the students the board had already made available the sample question papers, Exam pattern, marks distribution on the website. However, to provide psychological support and solutions to the students, the counselling facility which used to start in February earlier will now begin in January this year.

Counselling Facilities in 2023:

IVRS: Free IVRS facility is available 24x7 for students and parents on Board's toll free number 1800-11-8004. Through this, information and suggestions about stress-free preparation for examinations, time and stress management, frequently asked questions (FAQs), prevention from COVID, important contact details of CBSE offices, etc., in Hindi and English, can be accessed in Hindi and English from anywhere in the country.

Podcasts: Bilingual podcasts on the same subjects can also be listened to on the CBSE Official website www.cbse.gov.in

Tele-counselling: Tele-counselling is a voluntary and free of cost service, which is being provided by the Board from 09:30 AM to 05:30 PM from Monday to Saturday. This year 84 Principals and counsellors who have contributed to the counselling service are providing this facility from India and other countries. In which 73 counsellors are from India and 11 counsellors are from Nepal, Oman, Japan, United Arab Emirates, Kuwait, Qatar and Singapore.

Since 1998, the board has been continuously providing free psychological counselling in two phases, before the examination and after the result. The main objective of which has been to keep the students of class X and XII of CBSE affiliated schools stress free during the examination.

CBSE is probably the only board in the country which has been providing psychological counselling to the students and parents on such a wide scale continuously for 25 years in innovative ways. Be it toll free tele-counseling or suggestions and information through IVRS. Over the years the Board has shared many important messages on social media and has also used YouTube, Facebook and Instagram platforms to actively engage with the students.

Audio-Visual content on Youth Experiences, Aggression, Depression, Internet Addiction Disorder, Examination Stress, Multimedia content on various topics such as specific learning disabilities, substance use disorders and life skills to deal with them can also be viewed and listened to.

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