



Central Board of Secondary Education
Shiksha Sadan, 17 Rouse Avenue, Delhi-110002

01.02.2010

PRESS NOTE

FIRST PHASE OF CBSE ANNUAL COUNSELLING BEGINS TODAY

The first phase of CBSE counseling has begun from today the 1st of Feb. and will continue upto 8th April, 2010. This is the 13th consecutive year that CBSE will be providing counseling services to students and parents during examinations to overcome anxiety and examination related stress.

The CBSE outreach programme is carefully designed keeping the heterogeneity of students' population and geographical spread. Multiple modes of communication such as telephonic counseling, Question Answers columns in news papers, Interactive Voice Response System (IVRS) and online counseling through CBSE website is used to reach out to more and more examinees during this phase.

1. CBSE TELE COUNSELLING:

CBSE started this pioneering community work 13 years back in 1998 for the first time. The highlights of CBSE Tele-counseling are:

- (i) It is offered by trained counselors and Principals from within CBSE affiliated schools located in and outside India.
- (ii) It is a voluntary, free of cost service provided by the participants.

This year as many as **52** Principals, trained counselors from CBSE affiliated govt. and private schools, psychologists and social scientists are operating this helpline from **8 a.m upto mid-night** from locations like Delhi, Noida, Chandigarh, Meerut, Jaipur, Faridabad, Bhubaneswar, Vishakhapatnam, Jamnagar, Jabalpur, Coimbatore, Bhopal, Nagpur, Bangalore, Guwahati, Kerala, Ludhiana, Kanpur, Bhillai, and Pune across India. **There are 3 helpline centres outside India also at Kuwait, Dubai and Doha Qatar. (List Enclosed)**

Counseling for Specially Abled Children

The facility to provide counseling to **specially abled children** was started by the CBSE last year to take care of the needs and anxiety of special children. The facility is available this year also.

Centralized Access

For better accessibility and convenience of the students, CBSE has **for the first time setup a Centralized Call System**. The students can call on the following numbers and get in touch with counselors for one to one telephonic counseling from 8 a.m upto mid-night.

- **011-22236110**
- **011-22236111**
- **011-22236112**
- **011-22236113**

2. IVRS:

First to be introduced by any Board of Education in the country, CBSE has made a unique effort to provide Tele-counseling through Interactive Voice Response System (IVRS) mode. The service is available for the **sixth** consecutive year on BSNL/Airtel/ Reliance Phone.

For BSNL (Landline & Mobile) and Airtel it is available on 1250102. For Reliance (CDMA) this service is available on 55500102.

3. QUESTION-ANSWER COLUMNS:

CBSE has tied-up with national papers Like The Hindu, Hindustan Times and for the first time with Deccan Chronicle for weekly Question Answer Columns throughout the month of February to answer queries of students by CBSE experts.

4. ON-LINE COUNSELING:

Public can also log on to the CBSE website and Interact with Chairman on exam related issues. The Director (Academic) and Controller of Examinations, CBSE can also be contacted for On-line counseling on: **diracad.cbse@yahoo.co.in**, **mcsharma2007@rediffmail.com**.

5. 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**.

(RAMA SHARMA)
PUBLIC RELATIONS OFFICER

CBSE TELE-COUNSELLING FIRST PHASE
1st February to 8th April 2010

LIST OF COUNSELORS

The counselors will be available on the numbers during these specific timings only.

Timing -8.00 a.m to 12.00 noon

SL. NO.	NAME
01.	Ritu Kohli Principal (Faridabad)
02.	Niti Mahendra Principal (Jaipur)
03.	Mohina Dar Principal (Noida)
04.	Dr. Shikha Rastogi Principal (Bhopal)
05.	Dr. C. V. Narasimham Principal (Vishakhapatnam)
06.	Dr. M.R Shipley (Mumbai)
07.	Kiran Jadhav Vice Principal (Pune)
08	Geetanjali Kumar Counsellor (Delhi)
09.	Avantika Arora Counsellor (Noida)

Timing - 12.00 noon to 4.00 p.m

01.	Dr. Ashok Gupta Principal (Jaipur)
02.	Sashikala Sriram Principal (Chennai)
03.	Kana Roy Chaudhary Principal (Nagpur)
04.	Sneh Preet Sial Counsellor (Noida)
05.	Dr. Jyoti D.Rishi Counsellor (Delhi)

Timing - 4.00 p.m to 8.00 p.m

01.	Avnita Bir Principal (Mumbai)
02.	Seetha Kiran Principal (Hyderabad)
03.	Vasanthi Thiagarajan Principal (Hosur)
04.	Madhu Bahl Principal (Chandigarh)
05.	Anita Sharma Principal (Delhi)
06.	Dr. Manu Lal Principal (Kerala)
07.	Dr. Sangeeta Bhatia Principal (Delhi)
08.	Jaydeb Kar Principal (Gujarat)
09.	Jaya Ravi Sankar Headmistress (Coimbatore)
10.	Dr. B. Singh Pr. Edu. Officer (Delhi)
11.	P. C. Bose Retd. Deputy Director (Delhi)
12.	Vijay Sehgal Counsellor (Delhi)
13.	Meenakshi Thakkar Counsellor (Delhi)
14.	Dimple Vij Counsellor (Delhi)
15.	Manisha Gangwar Counsellor (Ludhiana)
16.	Nidhi Sidhu Counsellor (Ludhiana)
17.	Seema Sharma Counsellor (Jaipur)
18.	Manika Nayal Counsellor (Ghaziabad)
19.	M. Rojindar Senior Lecturer (Bhilai)
20.	Dr. Sangeeta Goswami Counsellor (Guwahati)
21.	Mamta Banerjee Counsellor (Bhubaneswar)
22.	Ina Kanji Lal Counsellor (Bhubaneswar)
23.	Shikha Handa Counsellor (Jabalpur)
24.	Dr. Srinivasa Murthy Retd. Prof. of Psychiatry (Bangalore)

Timing - 8.00 p.m to mid-night

01.	Dr. Rajesh Kumar Principal (Bhopal)
02.	Deepa Saini Principal (Delhi)
03.	Dr. Archana Saxena Counsellor (Delhi)
04.	Poonam Dev Dutt Counsellor (Meerut)

Out Side India

01.	David Ipe Counsellor, Indian School, (Dubai)
02.	Asha Sharma Principal, Indian Educational School, (Kuwait)
03.	Dr. Mohammed Aejaz Principal, Ideal Indian School, (Doha-Qatar)

Counseling for specially abled Children

01.	Abha Sharma Special Educator (Mumbai)	4.00 p.m to 8.00 p.m
02.	Jamila Firdaus (Vadodara)	8.00 p.m to 00 hrs.
03.	Deepti Singh Counsellor (Delhi)	4.00 p.m to 8.00 p.m
04.	Dr. Jayanti Banerjee Counsellor	4.00 p.m to 8.00 p.m