



المدرسة الهندية العامة العليا - رأس الخيمة
INDIAN PUBLIC HIGH SCHOOL, RAK



CIRCULAR NO: IPHS/18-19/112

13th February, 2019

The exam season is in full swing and most of the discussions are centred around students asking them to prepare well and score good marks.

- In order to raise the morale of students and motivate them to face exam with confidence CBSE has introduced **PRE-EXAMINATION PSYCHOLOGICAL CONSELLING SERVICE** to students and parents. For more information please see to the CBSE circular attached.
- On **Saturday, 16th Feb 2019** 'SAMANWAYA ' in association with RAKMHSU is conducting a programme at **Seminar Hall RAK- Medical University from 3:00pm to 4:30 pm**. All parents and students of Senior Classes (IX to XII) are invited to attend the Session. For enquiry and registration please contact **Mobile No: 055-2240148/050-6472215**.

Please make use of these opportunities to reduce the challenges of anxiety.

Thanks.

Anubha Nijhawan
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Principal



Press Note

31.1.19

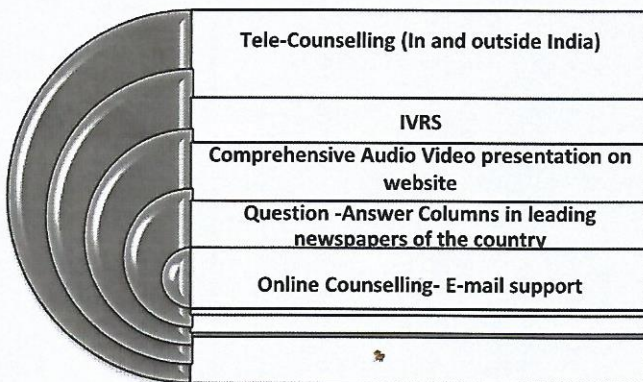
CBSE to Begin Annual Pre Exam Psychological Counselling

From 01st February to 04th April 2019

For the 22nd consecutive year CBSE will provide Pre-Examination **psychological counselling** services to students and parents. The programme is designed as part of the board's outreach programme which caters to the heterogeneous students' and parent's population and vast geographical network of schools.

The Psychological counselling will begin from the 01st of February, at the time of preparation and during the examinations up to 04th April, 2019 to help students overcome exam related anxiety.

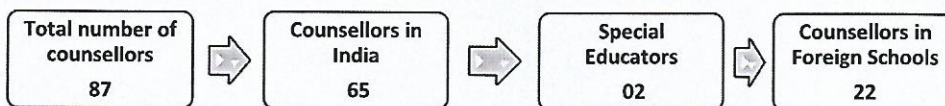
Multiple modes of CBSE Counselling 2019



IVRS: From this year CBSE has introduced the facility of IVRS on toll free number **1800 11 8004**.

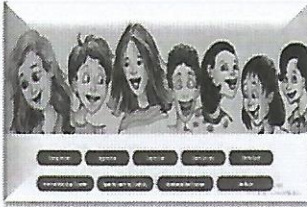
The students/parents/stakeholders can obtain pre-recorded useful information on tackling board exams which includes tips for better preparation, time and stress management, FAQ's along with live tele-counselling services.

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.**





Enriched CBSE Website



For the first time, a comprehensive audio-visual presentation titled 'Knowing Children Better' has been prepared and uploaded on CBSE website. The various topics deal with real time experiences and problems of adolescents with suggestive measures as coping strategies. The viewers can access the tab 'Counselling' at www.cbse.nic.in.

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.



On-Line Counselling will be available at counselling.cebse@gmail.com

Rama Sharma
Senior Public Relations Officer