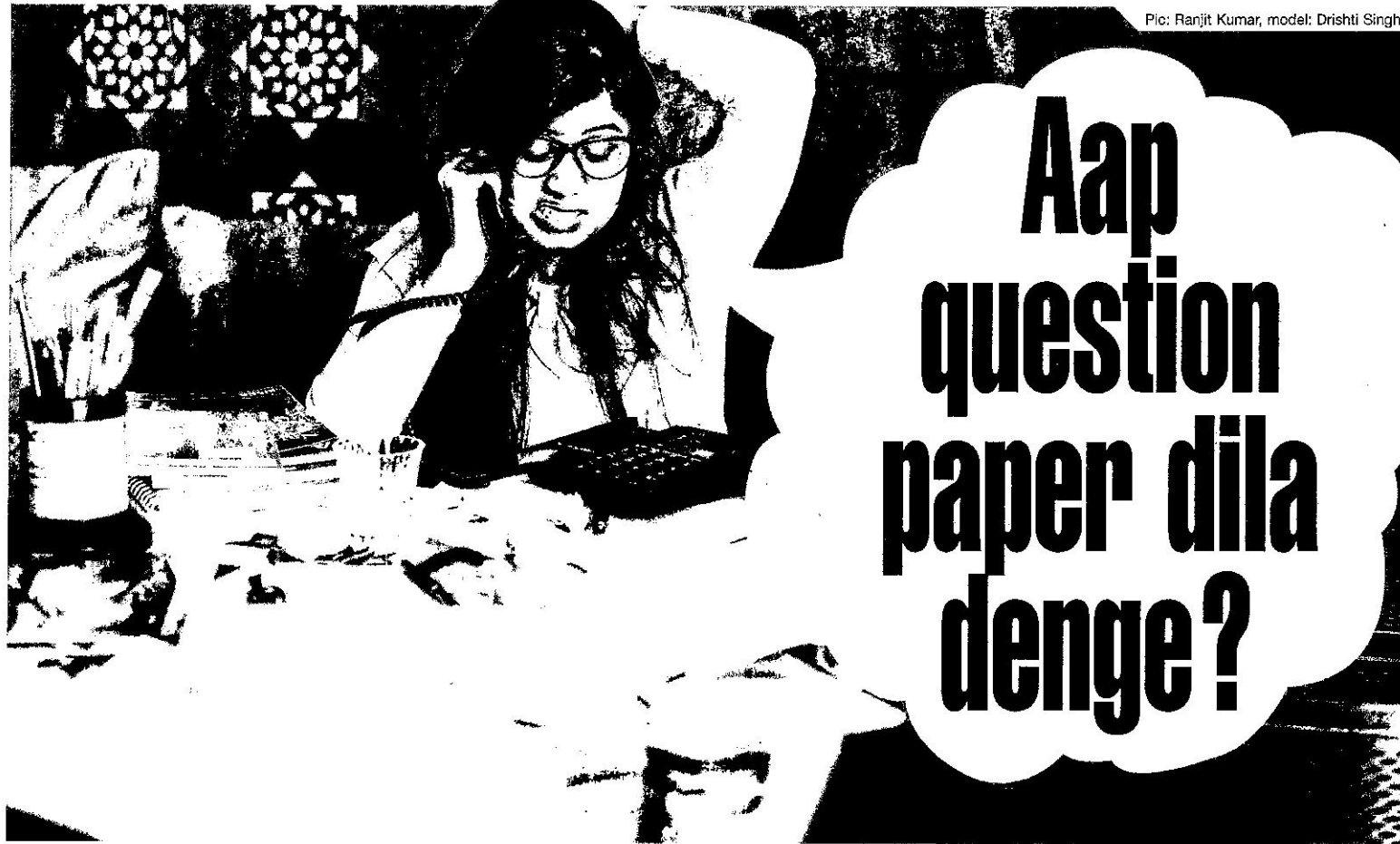


Pic: Ranjit Kumar, model: Drishti Singh



**Aap  
question  
paper dila  
denge?**

The boards might be cause for collective national stress, and several helplines in Delhi are trying to help students keep it together. However, even they don't know how to answer some of their questions

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**S**taying up all night to finish the course at the last minute, studying in groups to cover as many topics as possible or locking oneself up in a room to concentrate – students appearing for board exams resort to umpteen ways to study and battle stress before their papers. With the board exams underway, while some students would be on their final revisions, there are others who have a lot to cover in this short span of time. To help the class X and XII students deal with exam stress while appearing for the boards, the CBSE and some NGOs and hospitals have started exam helpline numbers for students. While the helplines usually receive

**'KYA AAP CBSE WALE HO, AAPKO TOH PATA HI HAI KITNI PROBLEM HOTI HAI SAB YAAD RAKHNE MEIN, TOH QUESTION PAPER DILA DO'. 'HUMEIN SUBJECT PADHA DO'. THEY CALL US WITH CERTAIN EXPECTATIONS, SO WE CAN'T EVEN SAY ANYTHING TO THEM**

– Abdul Mabood, director of a Delhi NGO that runs an exam helpline

general queries related to dealing with stress, often, students who are unravelling under all the pressure call with the strangest of questions. And sometimes, their parents call these helplines too, with even stranger queries.

**'HUMEIN EXAM KE DIN BHUKHAR AA GAYA TOH? MAIN BHUL GAYA TOH?'**

The CBSE's exam helpline number (1800 118002) has been active since February 9. Students from all over the country call on this number if they have problems dealing with not just their own stress, but of their parents' and relatives' as well.

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