

Counselling, telephonic access to teachers, emphasis on daily exercise

- Schools doing their bit to keep students stress-free during exams
- Many have dedicated counsellors, in others teachers handle the job

● **SMITA**
BHOPAL

Board exams are testing times for students. And sometimes their stress levels become so high that they resort to extreme measures.

In the examination season, the students need family support a lot and at the same time, it is the responsibility of schools too to keep students stress-free during examinations. The CBSE has launched a helpline for students. Free Press Journal talked to principals of some schools in the city to know what they do to keep the student stress-free.

Dr Athnas Lakra, Campion School

We have a counselling cell but I also personally counsel children. We tell them to take exams lightly and participate in games and do physical exercise to release pressure. During this time, we permit them to call their teachers including me anytime for any queries. By the grace of god, no any case of suicide has occurred till now in my school.

Harish Prasad, Demonstration School

"Ha m a r e bachche tension free rahte hain. We counsel them and make them revise their syllabus during pre-board examinations. We don't put any burden on them and tell them to pay more attention to their health. There has been no case of suicide in our school till date.



Ajay Sharma, DPS, Neelbad

Yes, we do pay more attention to this. First, we analysing the results of the students in two pre-board exams. We identify students who may get stressed. And then we call the students who couldn't do well in the two exams along with their parents, where they interact with the teachers. To build the confidence level of the students, teachers discuss and motivate them by giving examples of their seniors. We also give the addresses and contact numbers of teachers to students who live near their residential area. We also conduct pre-board exams in phase three for some students who do not well in the first two exams. We also have permanent counsellor. If any case of depression came to us then we refer such students to counselor.



Rajesh Kumar Sharma, Bal Bhavan

First, we organise an orientation programme in which we inform the students that exams are just a part of life and not life. And we have to take many such exams in our life. Also we get them solve test papers of each subject to remove fear of examinations from their minds. We also have a counselling cell and we counsel not only students but parents too. We make them understand that they should not put undue pressure on their children for marks and take care of their diet and sleep. I also give my personal number to parents so that they can call me directly. I have been associated with CBSE helpline for the past 10 years and it is open for students from February 1 till March 1.



Shailesh Zope, Anand Vihar School

First of all we try not to make students stressed or tense. We have a trained counsellor in the school. And from the first week of December onwards, we start noticing which students are stressed. And we counsel them before pre-board exams and take remedial or extra classes after pre-board exams. We also do counselling of parents so that they can understand the behavioural changes in children during exams. Our counsellor has taken note of Modi's 'Mann Ki Baat' on coping with exam stress. We do general and specific counselling both. Besides, CBSE also give tips through its website which student can access anytime."



Sunita Sharma, Government Subhash Excellence School

No, we have don't have a counselling cell yet but yes, we start counselling children just after pre-board exams. We always tell the students not to feel that they are under any sort of pressure and if they have any kind of problems, they can share it with me as well as their teachers. Even some teachers give their personal numbers to students. From the first week of February, I personally visit classes and talk to students.

