

## Afternoon

## 'How will I face my parents?'

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# 'How will I face my parents?'

## This is a repeated query posed to counsellors by exam-stressed students

By Pallavi Smart

The latest trend among anxious students has been observed by the Vandrevala Foundation, which works in the mental health sector, and runs a 24/7 counselling helpline for the distraught and depressed lot of the society. Currently, since the exam fever is on, the foundation is repeatedly receiving increased number of calls from worried students. The anxiousness of facing parents after receiving dissatisfactory results or following insufficient preparations or poor performance is paramount in the students' minds.

Dr. Arun John, Executive Vice President, Vandrevala Foundation informed us, "In the month of February and March, we receive a lot of frantic calls from students, who are appearing for the board examinations as well as other important examinations. While there has

been significant increase in the number of apprehensive calls from students, it has also been observed that many of their queries end with concern over how their parents will react."

John continued, "The calls being received by our counsellors are currently

full of questions, varying from 'just an hour back I remembered everything, but now when am starting revision I am blank', 'I am guessing I will not be able to finish my syllabus', 'I have screwed up in one paper' to 'should I just drop the boards this time and prepare well for the next year?' But most of these calls, which are related to worries over low scores, eventually end up with their difficulty to face parents."

John further revealed, "Some of our counselling calls have been as long as three hours. But, on an average, the rate of calls range from a minimum of 22 minutes to a maximum for 45."

John opined that kids making frenzied calls on exam eve doesn't give them enough time to counsel them properly. "If they get in touch with our counsellors when they start their preparations, it will be a big help. This will give us some time to follow up on the cases, which we generally do."

### Seminar on counselling

The Vandrevala Foundation is organising a seminar at the K.C. College on Saturday, March 5 at 10:30 am. The aim of this seminar will be to create awareness among the users about the importance of helplines. "The need for counselling is generally perceived as a stigma. This belief needs to be changed first to cure mentally distressed people," explained John.

Vandrevala helpline number: 022-25706000