

Psychological counselling services offered to students

CBSE appoints ICSK Principal Dr Binumon as pre-exam counsellor

KUWAIT CITY, Feb 1: Dr V. Binumon, the Principal of The Indian Community School Kuwait, has been appointed as a counsellor for Kuwait region as part of the CBSE annual pre-examination counselling. This is the 19th consecutive year that CBSE will provide psychological counselling services to students at the time of preparation as well as during the examinations to overcome exam related stress. The pre-examination counselling for students and parents will begin from Feb 9 and will continue up to April 22, 2017.

The counselling session will be carried out telephonically and Dr V. Binumon can be reached at the mobile number 00965 98821027 between 8:00 pm and 10:00 pm on all days from Feb 9, 2017 to April 20, 2017.

Dr V. Binumon is trained personnel who has a brilliant record as an Education Counsellor and is empathetic to the needs

of students. He has undergone courses and training in Neuro-Linguistic Programming and Hypnotherapy as well.

Simultaneous to the counselling session, students and parents shall be instructed on techniques of harnessing stress and stress-related problems.

The CBSE annual counselling is an outreach programme which is carefully designed keeping the heterogeneity of students' population and geographical spread. Multiple modes of communication such as telephonic counselling, question answer columns in newspapers and online counselling through CBSE website are used to reach out to more and more examinees during this phase.

CBSE Tele-Counselling is offered by principals and trained counsellors from within CBSE affiliated schools located inside and outside India. It is a voluntary, free of cost service provided by the coun-

sellors. This year 76 Principals, trained counsellors from CBSE affiliated government and private schools and few psychologists will participate in Tele-Counselling and address exam related psychological problems of the students. 60 of them are available in India while 16 are located in Nepal, Japan, Kingdom of Saudi Arabia (Jeddah, Sultanate of Oman, Al Khobar), UAE (Sharjah, Dubai, Ras Al-Khaimah) and Kuwait.

For the eighth year CBSE has arranged to provide counselling to differently abled children to take care of the needs and anxiety of special children.

CBSE experts will answer queries of students through weekly question answer columns to be published in major national dailies during the month of February. Information related to examinations and techniques to cope with exam related anxiety is also provided at the CBSE



Dr V. Binumon

website www.cbse.nic.in through micro link Helpline.

As challenges are a part of one's life at different stages, one of the challenges during school years is learning to handle examination pressure.

Therefore, equipping oneself to form these emotions in simple ways is the wisdom to move ahead in life with a healthy competition. When the students are writing exams, what one writes is not as important as how one writes.

The students who are stressed should have a fear-free environment to produce great results in exams. This is the purpose of providing one with the pre-exam counselling.

Students who have any stress related issues regarding the examinations may feel free to contact Dr V. Binumon between 8:00 pm and 10:00 pm on all days from Feb 9, 2017 to April 20, 2017.

click

Latest

Continued from Page 22

According to these age groups:

Age group: 5 to 9 years old: Morning: 60 visitors max; Evening: 20; 10 to 15 years: Morning: 100 visitors max; Evening: 45; 16 and above: Morning: 140 visitors max, Evening: 105;

Tour language: Arabic-English- French; Arabic (English upon prior request); Arabic-English- French; Arabic (English upon prior request); Arabic-English- French: Arabic (English upon prior request)

Rules and Regulations:

- Please arrive in time for your visit.
- All visitors are kindly required to abide by the mosque's dress code. Male visitors should wear long pants. Shorts and sleeveless shirts are not allowed. Female visitors: should wear head cover and long loose clothing (available at the mosque).
- Foods and drinks are not allowed inside the prayer halls.

■ For school visits, teachers are responsible for their students and are required to cooperate with the staff members of the Grand Mosque.

■ Photography is allowed inside the Grand Mosque (please note that disrespectful poses are strictly prohibited).

If you would like to book a tour, please contact us:
Tel: 22980813/ 22980815/ 22980812

Email: gmvisits@gmail.com
Fax: 22473708

Chinese Embassy notice: Please be noted that effective starting today, the photo used in a Chinese visa application must meet the requirements (For details, please visit the

Continued on Page 28

HOTELS & RESORTS

Only the finest hotels



To advertise in this page please call: (+965) 1838281 Ext.: 175 Fax: 24911307 or E-mail: advt@arabtimesonline.com

LUNA
SAVOURY TUSCANY
Tuscany inspired menu and succulent Grills at its best is now served at Luna Restaurant
SYMPHONYSTYLEHOTEL.COM
25770000

SYMPHONY STYLE HOTEL
KUWAIT
فندق سيمفوني ستايل الكويت

QUORVUS
COLLECTION

Al Liwan
BEAT THE CHILL
Hot Chocolate

The coolest way to enjoy hot chocolate this winter season

Everyday from 8am till 1am
FOR MORE INFORMATION +965 2576 6666

الريجسي
THE REGENCY

5 Health Benefits of the Mediterranean Diet

The history and tradition of the Mediterranean diet come from the historic eating and social patterns of the regions around southern Italy, Greece, Turkey and Spain. The Mediterranean diet has long been one of the healthiest diets known to man. But it's not just a diet or even a way of eating ... it's really a way of life. Here you can find the four main benefits of the Mediterranean diet!



1. Low in Processed Foods and Sugar

The diet primarily consists of foods and ingredients that are very close to nature, including olive oil, legumes like peas and beans, fruits, vegetables, unrefined cereal products, and small portions of animal products (that are always "organic" and locally produced). It's very low in sugar and practically free of all GMOs or artificial ingredients like high fructose corn syrup, preservatives and flavor enhancers.

2. Improves Heart Health

Research shows that greater adherence to the traditional Mediterranean diet, including plenty of monounsaturated fats and omega-3 foods, is associated with a significant reduction in all-cause mortality, especially heart disease. A striking protective effect of a Mediterranean diet rich in alpha-linolenic acid (ALA) from olive oil has been shown in many studies, with

some finding that a Mediterranean-style diet can decrease the risk of cardiac death by 30 percent and sudden cardiac death by 45 percent.

3. Helps Fight Cancer

Plant foods, especially fruits and vegetables, are the cornerstone of the Mediterranean diet, which fight cancer in nearly every way - providing antioxidants, protecting DNA from damage, stopping cell mutation, lowering inflammation and delaying tumor growth. Many studies point to the fact that olive oil decreases the risk of colon and bowel cancers.

4. Prevents or Treats Diabetes

One reason the Mediterranean diet might be so beneficial for preventing diabetes is because it controls excess insulin, a hormone that controls blood sugar levels, makes us gain weight and keeps the weight packed on despite us dieting.

By regulating blood sugar levels with a balance of whole foods - containing healthy fatty acids, quality sources of protein and some carbohydrates that are low in sugar - the body burns fat more efficiently and has more energy too.

Crossroads Restaurant - JW Marriott Kuwait



CROSSROADS Mastering the art of dining

Experience a culinary adventure that extends beyond food at Crossroads Restaurant, beginning with the breathtaking colors and decor and carrying through the finest and freshest ingredients used to create each dish.

Crossroads offers a wide range of distinctive cuisines, including Italian, Indian, Chinese and Mediterranean, all under one roof.

For reservations or more information, please call: 22455550.

JW MARRIOTT
KUWAIT CITY



CROSSROADS
RESTAURANT