



केन्द्रीय माध्यमिक शिक्षा बोर्ड
(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organisation under the Ministry of Education, Govt. of India)

No: CBSE/M&PR/Counseling/AS 2025

Dated: 12.11.2025

To
All Principals/Heads of Schools/ Institutions
affiliated to CBSE

CBSE National Adolescent Summit 2025
"Empowering Adolescents: Voices, Choices, and Wellbeing"

Dear Ma'am/Sir,

The Central Board of Secondary Education (CBSE) is organizing the **National Adolescent Summit 2025** on the theme **"Empowering Adolescents: Voices, Choices, and Wellbeing,"** with the tagline **"Creating Safe Spaces for Every Teen."**

Aligned with the *National Education Policy (NEP)-2020* objectives of holistic student development and wellbeing, the summit aims to promote safe, inclusive, and nurturing school environments. It will serve as a platform for dialogue, idea exchange, and collaborative action on adolescent health, emotional and social wellbeing, and overall growth, addressing key concerns such as mental health, identity and inclusion, social media influence, lifestyle challenges, and career preparedness for students through expert discussions and meaningful engagements.

Summit Date and Venue:

- **Date:** 5 December 2025 (Friday)
- **Time:** 9:30 AM – 5.30PM (*Participants may arrive by 9:00 AM for pre-program formalities*)
- **Venue:** CBSE Integrated Office Complex, Sector-23, Phase - 1, Dwarka New Delhi – 110077

Highlights:

- **Inaugural Session** on Adolescents at the Crossroads: Building a Supportive Ecosystem
- **Plenary Session I** on Mental Health Matters: Breaking the Silence
- **Plenary Session II** on Digital Natives: Navigating Social Media, Cyber Safety & Screen Time
- **Panel Discussions –**
 - Identity & Inclusion: Gender Sensitivity, Bullying, and Respect for Diversity
 - Healthy Habits, Healthy Minds: Lifestyle, Substance Use & Body Image
 - Adolescents & the Future: Career Choices, Skills, and Purpose
- **Youth Engagement Segment** - My Voice, My Story
- **Special Segment: School Counseling Showcase** on Counseling in Action: Best Practices from Schools
- **Valedictory Session** on Collective Commitment for Adolescent Wellbeing



के. मा. शि. बो., एकीकृत कार्यालय परिसर, सेक्टर-23, फेज-1, द्वारका, नई दिल्ली-110077

CBSE INTEGRATED OFFICE COMPLEX, SECTOR-23, PHASE-1, DWARKA, NEW DELHI-110077



Phone (off.) : 011-24050336-42, Website: www.cbse.gov.in



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Expected Outcomes

- Enhanced awareness of adolescent wellbeing challenges, especially mental health.
- Strengthened collaboration between schools, parents, and mental health professionals.
- Adoption of a **National Adolescent Wellbeing Charter** for guiding future action.
- Empowerment of adolescents through knowledge, resilience, and self-expression.

Digital Certificates of Participation will be awarded to Principals, Vice-Principals, Counselors, and Wellness Teachers of CBSE-affiliated schools who attend the summit and submit the session feedback in prescribed form within 24 hours of its conclusion.

The **Principals, Vice-Principals, Counselors, and Wellness Teachers of CBSE-affiliated schools** across India and abroad are encouraged to register and participate in the Summit, which focuses on promoting the psychosocial wellbeing and holistic growth of students, in alignment with the shared objective of fostering overall student wellbeing.

Registration Formalities:

- Interested participants may register online at <https://forms.gle/H4yeoJ1VDDVU3kyd8>
- Limited seats; registration will be on a first-come, first-served basis.
- Confirmation emails will be sent to the selected participants.
- Travel and accommodation expenses (TA/DA) are to be borne by the participants themselves.

For Queries, please write to: annualsummit2025@gmail.com

With Best Wishes,

Encls: Program Outline

(Himanshu Gupta)
Secretary



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Copy to the respective Heads of Schools, Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Director, NCERT, Sri Aurobindo Marg, New Delhi-110016
4. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India
5. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
6. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005
7. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
8. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
9. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
10. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791111
11. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
12. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil Ladakh.
13. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521456
14. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
15. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
16. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt. -110010
17. The State Project Director, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Nayapalli, P.O. Sainik School, Bhubaneswar, District- Khorda, Odisha-751005
18. DS to the Chairperson, CBSE
19. All the Directors/ HODs, CBSE
20. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
21. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
22. All Head(s)/ In-Charge(s), Centres of Excellence, CBSE
23. Joint Secretary (IT Unit) with the request to upload this circular on the CBSE Website

Secretary



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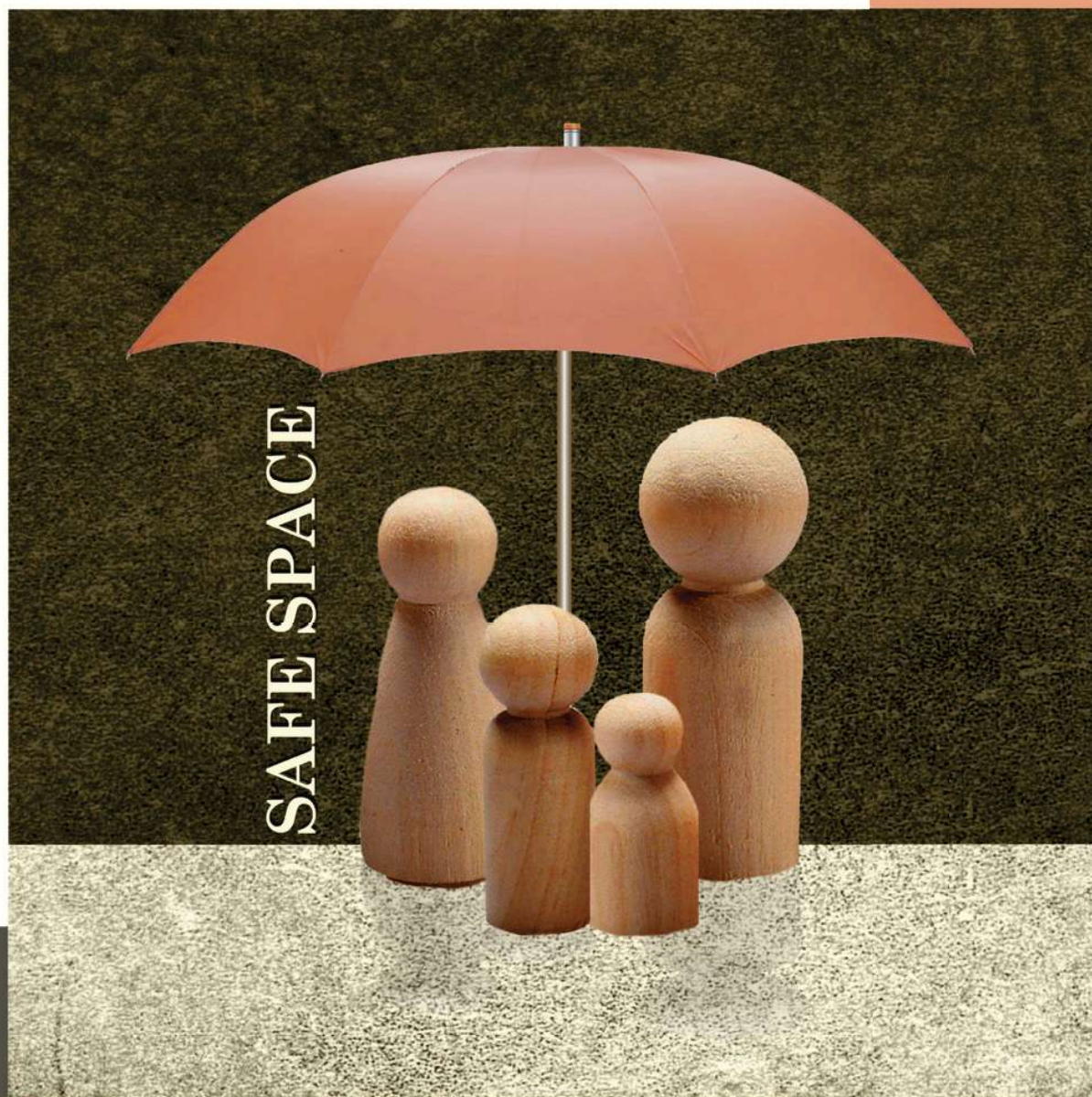


CBSE

National Adolescent Summit

Creating Safe Spaces for Every Teen

2025



**Empowering Adolescents:
*Voices, Choices, and Wellbeing***

**Theme: Empowering Adolescents:
*Voices, Choices, and Wellbeing***

 **Venue: CBSE Integrated Office
Complex Sector-23, Phase - 1,
Dwarka New Delhi - 110077**

 **Time: 9:30 AM - 5.30 PM**

 **Date: December 5, 2025 (Friday)**

Background

Adolescence is a critical developmental stage characterized by rapid physical, psychological and social transitions. In today's context, adolescents face a wide range of challenges including:

- Academic pressure and mental health concerns (anxiety, depression, exam stress, self-harm risks)
- Influence of social media, cyber safety, and screen time management
- Issues relating to identity, gender sensitivity, bullying, and inclusion
- Body image concerns, unhealthy lifestyles, and rising trends of substance use
- Career uncertainty and the need for purposeful skill development

Recognizing these multidimensional challenges, the Central Board of Secondary Education (CBSE) proposes to organize the **CBSE National Adolescent Summit 2025** as a flagship platform for dialogue and action. The Summit will bring together educators, mental health experts, policymakers, parent and student representatives and allied professionals to deliberate on strategies that strengthen adolescent wellbeing, amplify student voices, and promote safe, inclusive and empowering learning environments.

Rationale

The initiative aligns with the National Education Policy (NEP) 2020 focus on holistic development, socio-emotional learning and mental health awareness.

It builds on CBSE's existing Counseling and wellness initiatives including the School Health & Wellness Programme, Parenting calendar, Capacity Building Programs, podcasts, tele-counseling and the Hub & Spoke Model of School Counseling.

Objectives of the Summit

Highlight current and emerging issues faced by adolescents.

- Create awareness and strengthen mental health literacy among educators, parents, and students.
- Bring together experts from multiple domains to deliberate on actionable solutions.
- Deliberate on strategies for promoting resilience, inclusion, and safety in schools.
- Amplify adolescent voices through participatory sessions.
- To evolve a collective **National Adolescent Wellbeing Charter** for adoption and dissemination across schools.

Structure and Sessions

The one-day in-person Summit will comprise keynote sessions, plenary discussions, thematic panels, youth engagement, and a counseling showcase.

- **Main Auditorium:** Inaugural, Plenary, and Valedictory Sessions
- **Breakaway Rooms (Round Table):** Concurrent Panels and Interactive Discussions
- **Foyer Area: Exhibition** – “Counseling in Action: Best Practices from Schools”

Indicative Session Plan:

- **Inaugural Session: *Adolescents at the Crossroads – Building a Supportive Ecosystem***
- **Plenary Session I:** Mental Health Matters – Breaking the Silence
- **Plenary Session II:** Digital Natives – Navigating Social Media, Cyber Safety & Screen Time
- **Panel Discussion 1:** Identity & Inclusion – Gender Sensitivity, Bullying, and Respect for Diversity
- **Panel Discussion 2:** Healthy Habits, Healthy Minds – Lifestyle, Substance Use & Body Image
- **Panel Discussion 3:** Adolescents & the Future – Career Choices, Skills, and Purpose
- **Youth Engagement Segment:** My Voice, My Story – Student-led talks, art, and performances on wellbeing.
- **Showcase:** Counseling in Action – Exhibits of school-based counseling innovations along with Institutional representation.
- **Valedictory:** Collective Commitment for Adolescent Wellbeing – Presentation of recommendations and adoption of the National Adolescent Wellbeing Charter.

5. PARTICIPANTS

- Principals, Vice Principals, Counselors, and Wellness Teachers from CBSE-affiliated schools (India & abroad)
- Psychologists, health professionals, and education experts
- Representatives from MoE, MoHFW, NCW, and allied national/international agencies

6. EXPECTED OUTCOMES

- Enhanced national awareness on adolescent mental health and wellness.
- Stronger collaboration between educators, parents, and professionals.
- Adoption and dissemination of the National Adolescent Wellbeing Charter 2025.
- Identification of replicable best practices within the CBSE counseling ecosystem.
- Empowerment of adolescents through knowledge, resilience, and self-expression.

Visit →

www.cbse.gov.in

Scan the QR to Register



***CBSE Integrated Office Complex
Sector-23, Phase - 1, Dwarka
New Delhi - 110077***



Nearest Metro: Sector 21 Dwarka



Location Link