



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)

05.12.2025

PRESS RELEASE

**CBSE Hosts National Adolescent Summit 2025:
Empowering Adolescents and Strengthening Mental Wellbeing across School
Ecosystem**

The Central Board of Secondary Education (CBSE), organized the **National Adolescent Summit 2025** on **05.12.2025**, at the **CBSE HQ, Dwarka, New Delhi**. Aligned with the National Education Policy 2020's vision for holistic student development, this day long summit operated under the central theme: **"Empowering Adolescents: Voices, Choices, and Wellbeing"** with the tagline **"Creating Safe Spaces for Every Teen."** It provided a vital platform for exchange of insights, ideas and performances dedicated to empowering adolescents and strengthening support systems across educational institutions.

The summit featured a comprehensive, full-day agenda spanning **following sessions and features:**

- *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/Institutions*
- *Valedictory Session on Collective Commitment for Adolescent Wellbeing featuring Sh Diwakar Sharma, Singer*

The sessions in the summit were led by illustrious Psychologists, health professionals, and counseling field experts moderated by distinguished principals of CBSE Schools. The Summit progressed from setting the broader context of adolescent development to addressing core issues such as mental health, digital behavior, inclusion, lifestyle choices, and future pathways. Expert-led discussions, interactive panels, and school-led showcases highlighted practical models of counselling and wellbeing support.

The summit featured Invocation Song, students' Inclusive Band Performance and



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a vibrant Youth Engagement Segment, showcasing student-led performances that amplified adolescent perspectives on mental wellbeing through Nukkad Natak, Poetry Recital, emotive Mime, inspiring Dance Drama “I Rise”, and energetic Rap performances on resilience and stress management. These creative expressions offered genuine spaces for students to share experiences, normalize mental health conversations, and model pathways to emotional strength and empowerment.

The Valedictory Session featured renowned singer Shri Diwakar Sharma wherein he shared his inspiring journey of perseverance- balancing musical excellence with academic achievement, and captivated the audience with his soulful performances.

The summit concluded with Presentation of proceedings of the one day Summit - a collective commitment framework for guiding future action across CBSE-affiliated schools.

The summit witnessed participation of over 800 delegates including more than 750 Principals, Vice-Principals, Counselors, and Wellness Teachers from CBSE-affiliated schools across India and abroad. The largest participants were from Delhi NCR (300+), Haryana (182) and Uttar Pradesh (139), complemented by delegates from over 20 other States/UTs, including Punjab, Rajasthan, Madhya Pradesh, Karnataka, Arunachal Pradesh, Jammu & Kashmir, Kerala, and Odisha and participation from Muscat, Oman.

To ensure wider dissemination, the proceedings have been livestreamed on CBSE's official YouTube channels, enabling participation from schools, counsellors, parents, and interested stakeholders across the country: -

1. Plenary Sessions, Panel Discussion-2 /Programs-
<https://www.youtube.com/live/5gULUdZJ7f8?si=jV1uLz6z0yh3kiyQ>
2. Panel Discussion -1 <https://www.youtube.com/live/dYZn7j7YV-M?si=-UA2K7iULWye5KYZ>
3. Panel Discussion -3- <https://www.youtube.com/live/s-aa3dVJbds?si=-IBWRYFYye8FnQ2r>

This comprehensive initiative addressed the multifaceted challenges faced by today's adolescents-ranging from mental health and digital safety to identity, inclusion, lifestyle choices, and career uncertainty. The CBSE National Adolescent Summit 2025 served as a unified platform for evidence-based dialogue, bringing together key stakeholders to strengthen adolescent wellbeing and foster safe, inclusive school environments.

The Summit reaffirmed the multidimensional nature of adolescent wellbeing and emphasized the vital role of schools in fostering safe, responsive, and



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emotionally supportive environments. By bringing together multidisciplinary perspectives, it reinforced CBSE's sustained commitment to nurturing secure, resilient, and future-ready learners in line with the NEP 2020's vision of holistic education.

Secretary, CBSE

-: GLIMPSES :-



KEYNOTE ADDRESS BY SH RAHUL SINGH, CHAIRPERSON, CBSE



INAUGURAL ADDRESS BY SH HIMANSHU GUPTA, SECRETARY, CBSE



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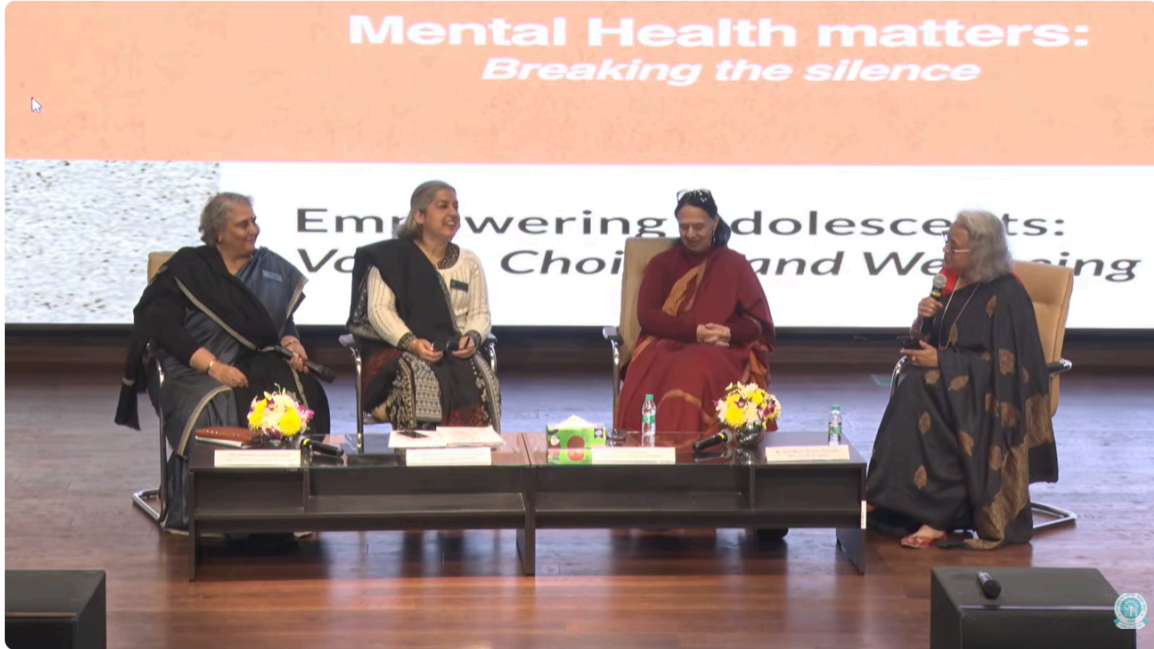


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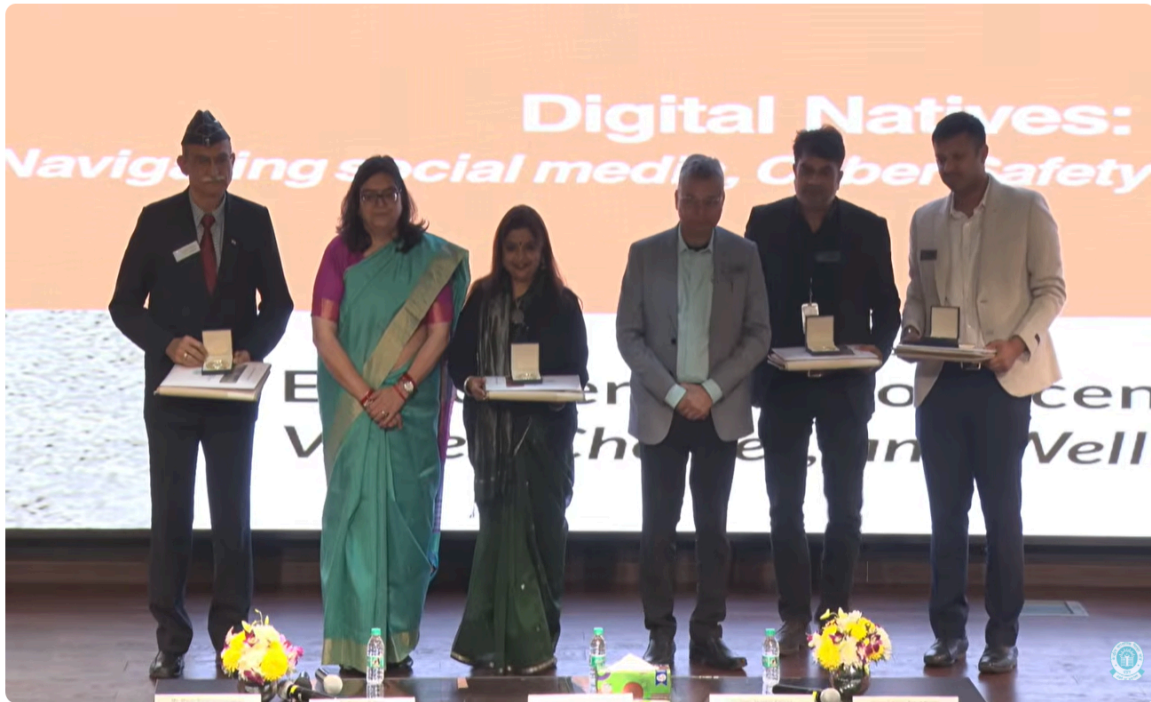


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PLENARY SESSION-1



PLENARY SESSION -2



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PANEL DISCUSSION -1



PANEL DISCUSSION-2



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PANEL DISCUSSION-3



SENIOR CBSE OFFICERS FACILITATING THE COUNSELING SHOWCASE REPRESENTATIVES



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INAUGURATION OF CBSE COUNSELING SHOWCASE



VISIT TO COUNSELING SHOWCASES



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EXPRESSIONS - PERFORMANCE BY SH. DIWAKAR SHARMA, CELEBRATED SINGER



PARTICIPANTS



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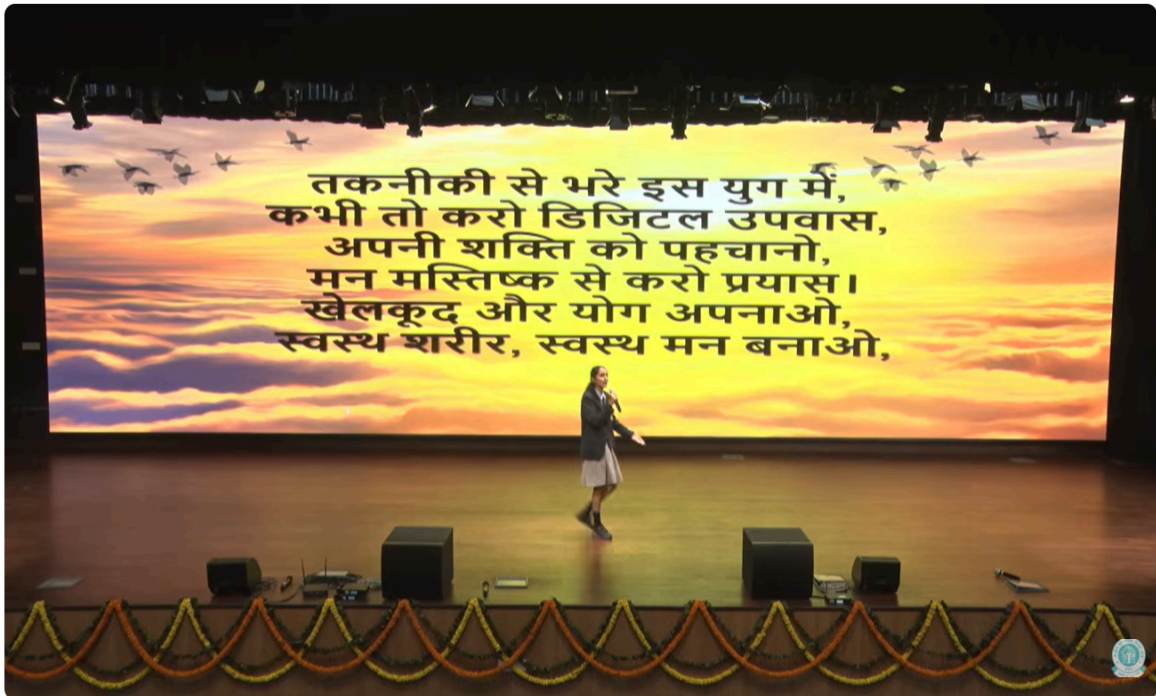


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INCLUSIVE BAND PERFORMANCE





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