

केन्द्रीय माध्यमिक शिक्षा बोर्ड (शिक्षा मंत्रालय, मारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Education, Govt. of India)

CBSE/M&PR/Counseling/Virtual Series

CIRCULAR

Virtual Mental Health Series for CBSE School Principals, Teachers, Counselors, Parents, and Students

The Central Board of Secondary Education (CBSE), in collaboration with the All India Institute of Medical Sciences (AIIMS), New Delhi, is organising a **Virtual Mental Health Series** from **4th to 10th October 2025** to commemorate **World Mental Health Week**.

This pioneering initiative between CBSE and AIIMS aims to promote mental well-being and psychological resilience in school communities. It will culminate on **World Mental Health Day**, observed globally on **10th October**. Experts from the Department of Psychiatry and Counselling Services at AIIMS will lead the sessions, focusing on various aspects of school mental health. This collaborative effort will serve as a national benchmark in promoting mental health literacy and meaningful engagement within school communities.

Objectives of the Series

- Promote awareness and reduce stigma surrounding mental health.
- Equip school leaders, educators, counselors, parents, and students with practical tools and strategies.
- Encourage positive mental health practices within school environments.

Key Highlights

- Daily sessions from 11:00 a.m. to 12:00 p.m. IST (approx. 45 minutes to 1 hour).
- Evidence-based discussions on current mental health challenges in school settings.
- **Interactive and accessible** sessions through a virtual platform open to all CBSE-affiliated schools, students and parents.

Series Schedule

| S.No. | Date | Topic | Speaker(s) |
|-------|---|---|--|
| 1. | 04 October 2025 (Saturday) 11:00 AM – 12:00 PM IST | Health, Nutrition and Emotional Health | Prof. Dr. M. Srinivas Director, AIIMS, Delhi |
| 2. | 05 October 2025 (Sunday) 11:00 AM – 12:00 PM IST | How to tackle Stress | Sh. Himanshu Gupta (IAS) Secretary, CBSE |
| 3. | 06 October 2025 (Monday) 11:00 AM – 12:00 PM IST | Positive Mental Health | Prof. Dr. Pratap Sharan Head, Department of Psychiatry, AIIMS, Delhi |





Date: 01.10.2025





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| 4. | 07 October 2025 (Tuesday) 11:00 AM – 12:00 PM IST | Happy Gut, Healthy Brain | Prof. Dr. Nand Kumar Department of Psychiatry, AIIMS, Delhi |
|----|---|--|---|
| 5. | 08 October 2025 (Wednesday) 11:00 AM – 12:00 PM IST | High Risk Behaviour in Adolescents | Prof. Dr. Rajesh Sagar Department of Psychiatry, AIIMS, Delhi |
| 6. | 10 October 2025 (Friday) 11:00 AM – 12:00 PM IST | Between Screens and Selves: Resilience in Digital Age | Dr. Deepika Dahima, Scientist C Department of Psychiatry AIIMS, Delhi |

Participation Details

- The sessions will be hosted live via **Webex** at the following link: https://sec-cbse.webex.com/sec-cbse/j.php?MTID=me9890acafa4c91d86428667e43afb4e9
- Participation is limited to 1,000 attendees per session, on a first-come, first-served basis.

Principals, teachers, counselors, parents, and students from CBSE-affiliated schools are therefore encouraged to participate and disseminate this information widely to maximize outreach. **Attendance-cum-feedback form** will be shared at the end of each session for the participants.

Let us come together to build a healthier, more compassionate, and mentally resilient generation of learners.

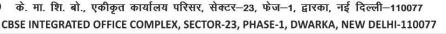
Warm regards,

(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 Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
- 4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
- 5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odhisha-751005
- 6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
- 7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017 8.
- 8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim -7371019
- 9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar -791111
- 10. The Director of Education, Govt. of A&N Islands, Port Blair 744101
- 11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil Ladakh
- 12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh 521456
- 13. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
- 14. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
- 15. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
- 16. The State Project Director, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Nayapalli, P.O. Sainik School, Bhubaneswar, District- Khorda, Odisha-751005
- 17. DS to the Chairperson, CBSE
- 18. All the Directors/ HODs, CBSE
- 19. 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.
- 20. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
- 21. All Head(s)/In-Charge(s), Centre of Excellence, CBSE
- 22. Joint Secretary (IT Unit) with the request to upload this circular on the CBSE Website

Secretary



