



**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)

CBSE/M&PR/Counseling/Virtual Series

Date: 01.10.2025

**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



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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, Odisha-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. 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**



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

