



**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

Date: 17.11.2025

**CIRCULAR**

**Webinar on “Psychological First Aid: A Multidimensional Framework for Promoting Mental Well-Being in Educational Settings”**

The Central Board of Secondary Education (CBSE) will host Webinar on “Psychological First Aid: A Multidimensional Framework for Promoting Mental Well-Being in Educational Settings”. The webinar aims to equip teachers and school counsellors with practical skills to provide immediate and compassionate psychological support to students in distress. It emphasizes understanding appropriate actions during crisis through case studies and introduces the **LOOK–LISTEN–LINK** framework as a structured approach for assessing and responding to distress. Participants will learn to identify early signs of emotional or behavioral issues and handle critical situations—like panic, aggression, or disobedience—with sensitivity.

The schedule of the webinar is provided below:-

|                       |   |                                                                                                                              |
|-----------------------|---|------------------------------------------------------------------------------------------------------------------------------|
| <b>Date &amp; Day</b> | : | <b>19 November, 2025, Wednesday</b>                                                                                          |
| <b>Time</b>           | : | <b>11:00 am to 12:30 pm</b>                                                                                                  |
| <b>Speaker</b>        | : | <b>Prof. (Dr.) Daya Pant (Retd.), Former Head, Department of Educational Psychology and Foundations of Education, NCERT.</b> |

**Participation Details**

- The session will be hosted live via Webex at the following link:  
<https://sec-cbse.webex.com/sec-cbse/j.php?MTID=m6192b0b9ec401f4dca35592b0612325d>
- 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 by empowering educators and counsellors with the skills, frameworks, and readiness to support students through every challenge with care and confidence.

Warm regards,

**(Himanshu Gupta)**  
**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





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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, Eklaya 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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