



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/DIR(ACAD)/2021

October 01, 2021
Cir.No.Acad-95/2021

All the Heads of Schools affiliated to CBSE

Subject: Observation of Mental Health Week from 4th to 10th October 2020- reg.

As you are aware, the Ministry of Education, Govt. of India has undertaken 'MANODARPAN' initiative with an aim to provide psychosocial support to students, teachers and families for Mental Health and Emotional Well-being during COVID outbreak and beyond. In this context, a Mental Health Week will be observed from **4th to 10th October, 2021** on the occasion of **World Mental Health Day on 10th October, 2020**.

During the Mental Health Week, the schools may undertake any of the following activity/activities with their students, teachers, parents/community members:

1. Poster making, slogan writing, elocution, performing art, etc. competitions
2. Self- reflective exercises through different art forms
3. Story telling sessions
4. Online talks, inter-house or inter school competitions, performing and visual arts session on theme such as 'Understanding and Caring for Self', etc.
5. Youth Parliament, discussions with students on mental health concerns, mental well – being of fellow students, etc.
6. Creation of safe and psychologically comfortable spaces within schools premises such as 'Let's Talk', 'Happiness Zone' or 'Psychological Safe Zones' for students to talk about their thoughts and emotions
7. Identification of mental well – being concerns by teachers in their subject content and sharing them during transaction with their students
8. Role plays/ Nukkad Nataks on effects of bullying, addiction, negative emotions, etc.

School heads are requested to take necessary steps to encourage students, teachers and parents/community members to participate in any of the above mentioned activities in order to generate awareness on the importance of mental health and emotional wellbeing in their life. Please share the exemplary work done by the students, teachers, parents/community members in any of the activities organised by the school during the Mental Health Week along with the report of the same on or before **October 12, 2021** at the link: <https://forms.gle/CLNj7ykBWkcD2sSZ6>.

Dr. Joseph Emmanuel
Director (Academics)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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

1. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
2. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001.
3. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005.
4. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
5. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
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 –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
13. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
14. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRS Building No.202, Shankar Vihar (Near APS), Delhi Cantt-110010
15. 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
16. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
17. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
18. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
19. In-Charge, Library
20. The Head (Media & Public Relations), CBSE
21. DS to Chairman, CBSE
22. SPS to Secretary, CBSE
23. SPS to Director (Academics), CBSE
24. SPS to Director (Information Technology), CBSE
25. SPS to Controller of Examinations, CBSE
26. SPS to Director (Training and Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE



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28. SPS to Director (CTET), CBSE
29. SPS to Director (EDUSAT), CBSE
30. Record File

Director (Academics)



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