



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/ACAD/JS(AM)/2023

Date: 29.09.2023

Circular No: Acad-117/2023

All the Heads of Schools affiliated to CBSE

Subject: Observance of Mental Health Week in schools during 4-10 October, 2023 – reg.

Dear Principal,

The National Education Policy (NEP), 2020 recognises that mental health is integral to the broader vision of education, which is reflected in the focus on socio-emotional aspects of development as an important prerequisite for optimal learning across stages of education.

'**Manodarpan**', as you are aware, is an initiative of the Ministry of Education (MoE), Government of India (GoI), under the 'Aatma Nirbhar Bharat Abhiyan'. This initiative aims to provide psychosocial support to students, teachers and families for mental health and emotional well-being during COVID-19 and beyond. It is heartening to share that since its inception in July, 2020, Manodarpan has been working in line with the approach of NEP, 2020 towards promoting mental health and well-being in school education.

Some of the services/activities for students, parents and teachers under Manodarpan are-

1. National toll-free tele-counselling services (844-844-0632) are being provided from Monday to Sunday, 8:00 am to 8:00 pm.
2. Live interactive session 'Sahyog' (Monday to Friday, 5:00 pm to 5:30 pm) and 'Paricharcha' (Every Friday, 2:30 pm to 4:00 pm) are telecasted on PM e-Vidya Channels and are also available on 'NCERT Official' YouTube Channel.
3. 'Mental Health and Well-being of School Students - A Survey' (2022), conducted on students of classes VI to XII and report is available on Manodarpan webpage (https://manodarpan.education.gov.in/assets/downloads/Mental_Health_WSS_A_Survey.pdf)
4. Orientations and conferences are conducted for different stakeholders (school administrators, teachers, etc.) to create sensitivity and awareness towards mental health and well-being. Regional level workshops are also being planned.
5. A designated webpage (<https://manodarpan.education.gov.in/>) is available which contains several resources (advisory and guidelines, advocacy material, podcasts, FAQs, etc.).

The Teachers Mental Well-being Survey is being conducted for school teachers from all stages of education, across the country using Google Form (Link: <https://forms.gle/K6HqoLc4c7rkfeJJ9>). All the teachers are requested to fill up and submit this Google Form.



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





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Furthermore, to celebrate the upcoming World Mental Health Day (10th October, 2023), a Mental Health Week will be observed **from 4th to 10th October, 2023**. During this period, schools may undertake activities listed in the Annexure with their students, teachers, parents/community members for creating awareness about mental health and well-being.

All the School Heads are requested to disseminate the above information amongst all the students, teachers and stakeholders to ensure their maximum participation in the above-mentioned activities during 4th to 10th October, 2023. Exemplary work of students/teachers may be collated by schools and share at manodarpancell@gmail.com.

With Best Wishes

Dr. Joseph Emmanuel
Director (Academics)

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 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 –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 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 – 521 456
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.



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- 202, Shankar Vihar (Near APS), Delhi Cantt-110010
16. DS to Chairperson, CBSE
 17. Secretary/ Controller of Examinations/ All Directors, CBSE
 18. 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
 19. All Joint Secretary/ Deputy Secretary/ PPS/SPS/Under Secretary/Assistant Secretary, CBSE
 20. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
 21. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
 22. In-Charge, Library
 23. Record File

Director (Academics)



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ANNEXURE

Activities to be undertaken during Mental Health Week from 4th October, 2023 to 10th October, 2023

- (i) 'Positivity Board': Sharing of positive notes and mental health resources on the school notice board
- (ii) Poster making, comics writing, slogan writing, elocution sessions on mental health awareness related topics which can be appreciative and not competitive in nature.
- (iii) Yoga, Mindfulness and other relaxation activities
- (iv) Activities such as gardening, nature walk/ sport activities/ games/ dance/ music, etc.
- (v) Mental health awareness campaign, group discussions and story-telling sessions
- (vi) Role plays/Nukkad Natak
- (vii) Sharing of gratitude notes for friends/teachers/parents/siblings
- (viii) Mental health awareness session for students, all school staff, parents and neighboring community.
- (ix) Creating safe and psychologically comfortable spaces within school's premises such as "Let's Talk", "Happiness Zone" or "Wellness Zone" for students to talk about their thoughts and emotions.