



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(Dr.SG)/2024

15th March 2024

Circular No. Acad-24/2024

All Heads of the Schools affiliated with CBSE

Subject: Promotion of Life Skills and Mental Health in schools

Dear Principal

The National Education Policy 2020, gives great emphasis on the holistic development of learners and to achieve this CBSE has integrated Life Skills, Health and Wellbeing Education as a curricular practice. This initiative aims to foster self-confidence, eco-sensitivity and a lifelong learning mind-set among students.

To provide a platform for schools and to facilitate life skills, mental health and holistic wellness as integral components of education, the Board has collaborated with Expressions India to establish the online Adolescent Peer Educators Leadership Program. The peer educators have been inspired and given empowerment to become change agents through participation in this leadership program. The primary objective of this program is to equip and empower students to create a participatory climate for behavioural change and adaptation. It aims to foster an inclusive environment that supports the psycho-social well-being and development of life skills in children and adolescents across the country.

In pursuit of participatory growth of Life Skills & Well-being, a National Adolescent Summit on Life Skills, Mental Health, Safety and Well-being was organized by the Board from 19th to 21st December 2023 at National Bal Bhavan, New Delhi. Further, to promote Life Skills and Well-being among students the schools may initiate the following actions:

- **Developing Life Skills and Well-being Centers in the school:**

Schools may develop the Life Skills and Wellbeing Centers in the school with peer educators students and teachers and plan the activities discussed in the ongoing CBSE Adolescents Peer Educator Program.

- **Establishment of Peer Educators Teams in Schools for awareness and empowerment of Life Skills, Mental Health and Well-being:**

For the expansion of the Peer Educators network for Life Skills & Mental Health, the schools may make a team of 6 to 8 Peer Master Educators of students from senior classes. These students may be nominated by rotation quarterly for doing various activities to create awareness for Life Skills, Mental Health and well-being. *Please note*



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली - 110002

'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi - 110002





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that the number of Peer Educators can vary as per the discretion of the school, ensuring maximum participation.

- **Sustainable Promotion of Life Skills, Mental Health and Well Being Centre:**

To enrich the efficacy of the planned intervention, schools can share the reports of the workshops, articles, periodic newsletters, and short videos regarding Peer Leader life skills and well-being activities with the CBSE at the link <https://forms.gle/MWUWBUE3R2shbGLC9>

For any query, you may email at peerlifefskills@gmail.com.

CBSE is committed to fostering a supportive and nurturing environment where the students can feel comfortable in seeking help; and as a transformative leader for 21st century life skills, resilience building, and be ready to offer peer support.

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-110054
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



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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), FDRC 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 Chairperson, 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 (Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE
28. SPS to Director (Training), CBSE
29. SPS to Director (CTET), CBSE
30. SPS to Director (EDUSAT), CBSE
31. Record File

Director (Academics)



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