



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/AP&AD(AHA)/2025

Date: 25.09.2025

Circular No: Acad-74/2025

All the Heads of Schools affiliated to CBSE

Subject: Celebration of Mental Health Week (4th -10th October) 2025 - reg.

The National Education Policy (NEP), 2020 and the subsequent National Curriculum Framework for School Education (NCF-SE), 2023 has emphasised the holistic development of learners by nurturing all domains of human growth-cognitive, emotional, physical, linguistic, cultural and social. This vision is to be achieved by understanding and rooting practices rich in traditions and values of Indian culture, while ensuring community participation in every aspect of school planning and implementation. The promotive and preventive aspects of mental well-being reduce taboos around issues faced by Mental Health parameters and achieve NEP, 2020 goals of holistic development while being rooted in Indian culture.

In promoting mental health, the Ministry of Education has launched 'Manodarpan' in 2020 under the 'Atmanirbhar Bharat Abhiyan'. Under this initiative, a National toll-free helpline (844-844-0632) provides psychosocial support daily from 8:00 a.m. to 8:00 p.m. Live interactive sessions of 'Sahyog' are being held for students of classes VI-XII, Monday to Friday at 5:00 p.m. The webinars of 'Paricharcha' with mental health experts are conducted every Friday from 2:30 p.m. to 4:00 p.m. These are being broadcast on PM e-Vidya Channels and NCERT's official YouTube channel. It also organises workshops, summits and orientations to build awareness of mental well-being.

One of the key foundations of Manodarpan is the Whole School Approach (WSA) to Mental Well-being. It envisions a school environment where all stakeholders, like students, educators, administrators, non-teaching staff, parents and community partners, work in cohesion to promote psychological safety and resilience.

For raising awareness about mental health among all, Mental Health Week is observed every year from 4th to 10th October, aligning with World Mental Health Day (10th October). During this period, schools may undertake activities listed in the Annexure with their students, teachers, parents, and community members for creating awareness about mental health and well-being. The theme for the year 2025 Mental Health Day and Week celebration is 'Community: Supporting Mental Well-being Together'.

All the schools are requested to celebrate Mental Health Week and undertake the activities as mentioned in the Annexure and provide brief report in the link <https://forms.gle/QX8u7hCTpNtyoWyV8>

The Schools must login with cbseshiksha.in account to submit google form latest by 13th October, 2025

With best wishes!

(Dr. Praggya M. Singh)
Professor & Director (Academics)

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Copy to the respective Heads of Directorates, Organisations and Institutions 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, Eklaya 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 –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 – 521 456
13. The Director, Jharkhand Education Project Council, Old HEC High School, JSCA Stadium Road, Jagannathpur, Sector-III, Dhurwa, Ranchi-834004 (Jharkhand)
14. Navy Education Society, Dte of Naval Education, Naval Headquarters, Ministry of Defence, West Block-V, RK Puram, New Delhi-110066
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. DS to Chairperson, CBSE
18. Secretary/ Controller of Examinations/ All Directors, 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/ PPS/SPS/Under Secretary/ Assistant Secretary, CBSE
21. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
22. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
23. In-Charge, Library
24. Record File

Professor & Director (Academics)

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Activities to be undertaken during Mental Health Week (4th October, 2025 to 10th October, 2025)

1. Encouraging Healthy Food Habits for Better Mental Health through

- Discussion on the benefits of eating Millets
- Organising food stalls, encouraging daily habit of a Healthy Diet
- Kitchen gardening / organic farming
- Competition of cooking without fire
- Session with experts on the importance of healthy food, scientific background of consuming various food items and their linkage with mental health.

Meanwhile, school authorities can reinforce these efforts by organizing routine preventive health check-ups and keeping a record of the daily eating habits of children in schools.

2. Well-being Sensitisation Activities

- Age-appropriate breathing exercises and Pranayam can be incorporated into daily routines. Children in the Foundational Stage may begin with 2 minutes, twice a day; those in the Preparatory Stage with 3 minutes, twice a day; and students in both the Middle and Secondary Stages can practice for 5 minutes, twice a day.
- For teachers and parents, the recommended duration is 5 minutes, three times a day, to promote sustained wellness and mindfulness.
- Engaging in regular physical activity, Yoga and participating in fitness initiatives such as posture awareness and step-count challenges.

3. Promoting Healthy Lifestyle Habits through Monitoring and Mindful Practices

- Tracking key lifestyle habits involves maintaining a daily log of sleep duration, bathing routines, screen time usage (categorised as essential, recreational or social), water and food consumption, quality time spent with family and meaningful time dedicated to personal well-being.
- Teacher-guided visits to parks or gardens, focusing on sensory awareness, mindful observations and open dialogue on benefits of Mental Well-being among participants, can be organised.

4. Self-reflections/Introspection about one's thoughts, emotions, triggers, behaviours and personal perspectives.

- The related activities can be organised in schools for cultivating critical thinking, emotional intelligence, reflective practices, value-based education and clarity about inner self, all of which are vital for long-term mental and emotional well-being.
- Some of the activities are:
 - a. Gratitude Wall/Jar Game:** Write any one self-moment at a time to reflect on the things you are grateful for on a piece of paper each day, and put it into the Gratitude jar or write on the Gratitude wall and read them all at the end of each week and analyse their emotions.
 - b. Role Play/Mime:** Fun activity/drama/team-building exercise/ Mime (unique form of self-expression to enhance students' confidence and communication skills) can be organised as an individual or collective/group activity in the classroom.
 - c. Journaling:** Diary writing to capture/express their thoughts and emotions throughout the week. By the weekend, they can revisit their entries to gain deeper insight into their emotional patterns and experiences.

5. Workshop: Workshop can be organised with students, teachers, parents and community people (as part of Whole School Approach) on the issues:

- Parental pressure and expectations on students
- Communication gap among stakeholders.
- Fear of being judged by others.
- Any other relevant theme

6. **Street Play (Nukkad Natak)** can be performed on the following themes:
 - Break the stigma.
 - Mind Matters.
 - You are not alone.
 - Seek help/ speak up.
 - Any other relevant theme
7. **Assembly on Mental Health and Well-being:** During School Assembly, students can present their special Prayers/Scripts/ Mantras that help students find inner peace.
8. **Exhibition/ Exposition on Mental Well-being Activities:**
 - Showing movies/short films/documentaries related to mental health and well-being, followed by an open house discussion.
 - Encourage students to create posters, slogans, skits and logos on mental health themes and add them with a hashtag on the Manodarpan page.
 - Host aft, essay or poetry competitions on topics like 'Emotional Resilience', 'Breaking Mental Health Stigmas', etc., with winning entries shared on Manodarpan's platform.
9. An arrangement of **Video Telecasts** of 'Sahyog and Paricharcha' sessions should be done in schools during Mental Health Week.