



# 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)



केमाशिबो/शैक्ष./ए.प्रो.एवं अ. निदे.(अ.छा.)/2026

दिनांक: 06.05.2026  
परिपत्र संख्या: शैक्ष-26/2026

केमाशिबो से संबद्ध सभी विद्यालय के प्रमुख

विषय: केमाशिबो विद्यालयों के लिए Y-SMiIES कार्यक्रम एवं ओरिएंटेशन वेबिनार के आरंभ के संबंध में।

केन्द्रीय माध्यमिक शिक्षा बोर्ड (केमाशिबो), नई दिल्ली स्थित लिवर और पित्त विज्ञान संस्थान (ILBS) के सहयोग से भारत के सभी केमाशिबो विद्यालयों में 11-17 वर्ष आयु वर्ग के विद्यार्थियों के लिए Y-SMiIES (Young – Stronger India through a Million Health-Educated Students) कार्यक्रम प्रारम्भ कर रहा है। यह कार्यक्रम तीन-तीन माह के चरणों में संचालित किया जाएगा।

कार्यक्रम के बारे में

Y-SMiIES एक साक्ष्य-आधारित विद्यालय स्वास्थ्य पहल है, जिसमें 11-17 वर्ष के किशोरों में Non-Alcoholic Fatty Liver बीमारी की रोकथाम हेतु प्रारंभिक जाँच, लक्षित स्वास्थ्य शिक्षा तथा चिकित्सकीय उपायों को सम्मिलित किया गया है।

प्रमुख विशेषताएँ

- विद्यालय, विद्यार्थियों अथवा अभिभावकों पर कोई आर्थिक भार नहीं होगा।
- शैक्षणिक गतिविधियों में न्यूनतम व्यवधान (3-4 सप्ताह में प्रति विद्यालय केवल 3-4 घंटे)।
- व्यापक स्वास्थ्य प्रोफाइलिंग।
- राष्ट्रीय शिक्षा नीति 2020 के अनुरूप संरचित स्वास्थ्य शिक्षा पाठ्यचर्या।
- प्रत्येक चरण में अभिभावकों की पूर्ण सहमति के साथ स्वैच्छिक सहभागिता।
- विद्यालयों, विद्यार्थियों एवं नोडल शिक्षकों के लिए प्रशंसा प्रमाणपत्र।

विद्यालयों द्वारा किए जाने वाले कार्य

भाग लेने के इच्छुक विद्यालयों से अनुरोध है कि वे:

1. ILBS दल के साथ समन्वय हेतु एक शिक्षक को विद्यालय नोडल अधिकारी नामित करें। वे विद्यालय जो इसमें भाग लेने के इच्छुक हैं, वे वेबिनार में भाग लेने के उपरांत गूगल लिंक <https://forms.gle/nkosT8z5pbd1oSij6> पर आवश्यक विवरण प्रदान कर सकते हैं।
2. कार्यक्रम की जानकारी एवं सहमति के संबंध में अभिभावकों/संरक्षकों से वार्तालाप करें।

Y-SMiIES भाग लेने वाले विद्यालयों को विद्यार्थियों के कल्याण के प्रति उनकी प्रतिबद्धता के सम्मानस्वरूप "CBSE Health Promoting Schools" के रूप में मान्यता प्रदान की जाएगी। कार्यक्रम के क्रियान्वयन एवं समय-सीमा संबंधी गतिविधियाँ अनुलग्नक-1 में हैं।



'एकीकृत कार्यालय परिसर, सेक्टर - 23, द्वारका, नई दिल्ली - 110075'  
'Integrated Office Complex, Sector - 23, Dwarka, New Delhi - 110075'





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कार्यक्रम की विस्तृत जानकारी प्रदान करने हेतु एक अभिविन्यास वेबिनार आयोजित किया जा रहा है:

- **विषय:** केमाशिबो विद्यालयों हेतु Y-SMiiES कार्यक्रम पर अभिविन्यास
- **तिथि:** 7 मई 2026
- **समय:** प्रातः 11:00 बजे से 12:00 बजे तक
- **माध्यम:** YouTube Live
- **लिंक:** <https://youtube.com/live/zZtto2Bg5g4?feature=share>

इस सत्र में कार्यक्रम के प्रमुख घटकों की जानकारी दी जाएगी तथा विद्यालयों को प्रभावी सहभागिता एवं क्रियान्वयन के संबंध में मार्गदर्शन प्रदान किया जाएगा।

आपसे अनुरोध है कि उपर्युक्त जानकारी विद्यार्थियों, शिक्षकों एवं अभिभावकों तक पहुँचाएँ तथा उन्हें कार्यक्रम में सहभागिता हेतु प्रोत्साहित करें।

सादर शुभकामनाओं सहित,

हस्ता/-  
(डॉ. प्रज्ञा एम. सिँह)  
प्रोफेसर एवं निदेशक (शैक्षणिक)



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निदेशालयों, संगठनों और संस्थानों के संबंधित प्रमुखों को यह अनुरोध करते हुए प्रति भेजी जा रही है कि वे अपने अधिकार क्षेत्र के अंतर्गत आने वाले सभी विद्यालयों तक यह जानकारी पहुँचाए:-

1. आयुक्त, केंद्रीय विद्यालय संगठन, 18 इंस्टीट्यूशनल एरिया, शहीद जीत सिंह मार्ग, नई दिल्ली-16
2. आयुक्त, नवोदय विद्यालय समिति, बी-15, सेक्टर-62, इंस्टीट्यूशनल एरिया, नोएडा-201309
3. सचिव, एकलव्य मॉडल आवासीय विद्यालय (ईएमआरएस), जनजातीय कार्य मंत्रालय, भारत सरकार।
4. सचिव, सैनिक विद्यालय सोसायटी, कमरा सं. 101, डी-1 विंग, सेना भवन, नई दिल्ली-110001
5. अध्यक्ष, ओडिशा आदर्श विद्यालय संगठन, एन-1/9, दूरदर्शन केंद्र के पास, डाकघर सैनिक विद्यालय, नयापल्ली, भुवनेश्वर, ओडिशा-751005
6. शिक्षा निदेशक, शिक्षा निदेशालय, एनसीटी दिल्ली सरकार, पुराना सचिवालय, दिल्ली-110054
7. जन अनुदेश निदेशक (विद्यालय), संघ राज्य क्षेत्र, सचिवालय, सेक्टर 9, चंडीगढ़-160017
8. शिक्षा निदेशक, सिक्किम सरकार, गंगटोक, सिक्किम-737101
9. विद्यालय शिक्षा निदेशक, अरुणाचल प्रदेश सरकार, ईटानगर-791111
10. शिक्षा निदेशक, सरकार एंड्रएन द्वीप समूह, पोर्ट ब्लेयर-744101
11. विद्यालय शिक्षा निदेशक, लद्दाख, कमरा नंबर 101-102, भूतल, काउंसिल सचिवालय, कुरबाथांग, कारगिल – लद्दाख
12. विद्यालय शिक्षा निदेशक, आंध्र प्रदेश, तीसरा तल, बी ब्लॉक, अंजनेय टावर्स, वीटीपीएस रोड, भीमाराजू गुट्टा, इब्राहिमपटनम, आंध्र प्रदेश – 521456
13. निदेशक, झारखंड शिक्षा परियोजना परिषद, पुराना एचईसी हाई विद्यालय, जेएससीए स्टेडियम रोड, जगन्नाथपुर, सेक्टर-III, धुर्वा, रांची-834004 (झारखंड)
14. नेवी एजुकेशन सोसाइटी, नौसेना शिक्षा निदेशालय, नौसेना मुख्यालय, रक्षा मंत्रालय, वेस्ट ब्लॉक-वी, आरके पुरम, नई दिल्ली-110066
15. अपर महानिदेशक नौ सेना, ए-विंग, सेना भवन, डीएचक्यू पीओ, नई दिल्ली-110001
16. सचिव एडब्ल्यूईएस, रक्षा मंत्रालय (सेना) का एकीकृत मुख्यालय, एफडीआरसी भवन संख्या 202, शंकर विहार (एपीएस के पास), दिल्ली कैंट-110010
17. अध्यक्ष, केमाशिबो के उप सचिव
18. सचिव/परीक्षा नियंत्रक/सभी निदेशक, केमाशिबो
19. सभी क्षेत्रीय निदेशक/क्षेत्रीय अधिकारी केमाशिबो, इस अनुरोध के साथ कि वे इस परिपत्र को अपने-अपने क्षेत्रों में बोर्ड से संबद्ध सभी विद्यालयों के प्रमुखों को भेजें
20. सभी संयुक्त सचिव/उप सचिव/प्रधाननिजी सचिव/वरिष्ठ निजी सचिव/अवर सचिव/सहायक सचिव
21. सभी प्रमुख/प्रभारी, केमाशिबो उत्कृष्टता केंद्र, केमाशिबो
22. प्रभारी आईटी इकाई, इस अनुरोध के साथ कि वे इस परिपत्र को केमाशिबो की शैक्षणिक वेबसाइट पर अपलोड करें।
23. प्रभारी, पुस्तकालय
24. रिकॉर्ड फ़ाइल

प्रोफेसर एवं निदेशक (शैक्षणिक)



'एकीकृत कार्यालय परिसर, सेक्टर - 23, द्वारका, नई दिल्ली - 110075'  
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## PROGRAMME OVERVIEW

Y-SMILES is an evidence-based school health initiative combining early screening, targeted education, and clinical intervention for Non-Alcoholic Fatty Liver Disease (NAFLD) prevention among adolescents aged 11–17 years.

### Key Features

- **Fully funded by NTPC CSR**—zero financial burden on schools
- Minimal disruption: 3–4 hours per school over 3–4 weeks
- Teacher identified as Nodal Officer works alongside the programme team
- Non-invasive FibroScan technology + basic metabolic health screening
- Screening interspersed with intervention for maximum engagement and impact
- W Zone (Weight & Waist Zone) risk classification system
- Structured health education curriculum aligned with NEP 2020
- Free clinical linkage to care for identified at-risk students
- Voluntary participation with full parental consent at each stage
- Goal: RED → YELLOW → GREEN through targeted interventions
- Certificates of Appreciation for students, schools, and Nodal Teachers

## IMPLEMENTATION TIMELINE & ACTIVITIES

### Phase-wise Schedule (3-Month Cycle per Batch)

Phase	Timeline	Key Activities
<b>Phase 1: Preparation</b>	Month 1	School identification & registration across all regions; CBSE circular issuance to Govt & Private schools; orientation sessions; parental information & consent distribution; identification of Nodal Teacher at each school
<b>Phase 2: Screening</b>	Month 1–2	Step 1: Comprehensive health profile (questionnaire, anthropometry incl. W Zone assessment, risk assessment) interspersed with evidence-based health education interventions. Step 2: FibroScan & blood tests for high-risk (RED zone) students (with separate parental consent), followed by targeted interventions. Goal: RED → YELLOW, YELLOW → GREEN.
<b>Phase 3: Follow-up &amp; Recognition</b>	Month 2–3	Health Ambassador training. Personalised health report distribution (sealed envelopes to parents). Certificates of Appreciation to students, schools, and Nodal Teachers.
<b>Phase 4: Evaluation</b>	Month 3	Data analysis, impact evaluation, final reporting to CBSE.

### Activities at Each School (3–4 Weeks Duration)

Week	Activity	Duration	Location
Week 1	Programme orientation for parents & staff; parental information pack (what to expect, actions required); consent distribution; identification of Nodal Teacher	30–40 min	School assembly / classrooms
Week 2	STEP 1: Comprehensive health profile — Questionnaire (diet, activity, family history), W Zone anthropometric measurements (height, weight, waist circumference), risk factor assessment. Interspersed with	5–7 min per student	School medical room / designated area

	health education interventions (physical activity, healthy diet, substance use prevention, mental well-being).		
Week 2–3	STEP 2: Risk classification — RED Zone ( $\geq 4$ factors): Free FibroScan + blood tests (with separate parental consent), followed by targeted interventions. YELLOW Zone (3 factors): Intervention module. GREEN Zone ( $\leq 2$ factors): Intervention module. Goal: RED → YELLOW, YELLOW → GREEN.	FibroScan: 5–10 min; Blood: 2–3 min	School medical room upon consent
Week 3–4	Health Ambassador selection & training. Certificates of Appreciation to participating students, schools, and Nodal Teachers.	1–2 hours	School premises

### What Students Receive

- Comprehensive health screening (anthropometry incl. W Zone, blood pressure, liver assessment)
- Non-invasive FibroScan examination (liver stiffness & fat measurement)
- Blood tests for glucose, cholesterol, liver enzymes (at-risk students, with parental consent)
- Personalised health report (shared only with parents/guardians in sealed envelopes)
- Interactive health education sessions on nutrition, fitness, screen time
- Free medical consultation & follow-up at ILBS (high-risk students)
- Health Ambassador certification (selected students)
- Certificates of Appreciation for participating students, schools, and Nodal Teachers



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**CBSE/ACAD/AP&AD(AC)/2026**

**Date: 06.05.2026**

**Circular No: Acad-26/2026**

**All the Heads of Schools affiliated to CBSE**

**Subject: Introduction of Y-SMiES Programme and Orientation Webinar for CBSE Schools – reg.**

The Central Board of Secondary Education (CBSE), in collaboration with the Institute of Liver and Biliary Sciences (ILBS), New Delhi, is pleased to introduce the Y-SMiES (Young – Stronger India through a Million Health-Educated Students) programme for students aged 11–17 years in all CBSE schools across India. The programme will be conducted in rolling three month batches.

## **About the Programme**

Y-SMiES is an evidence-based school health initiative combining early screening, targeted education and clinical intervention for Non-Alcoholic Fatty Liver Disease prevention among adolescents aged 11-17 years.

## **Key Highlights:**

- No financial cost to schools, students, or parents
- Minimal disruption to academics (3-4 hours per school over 3-4 weeks)
- Comprehensive health profiling
- Structured health education curriculum aligned with the NEP 2020
- Voluntary participation with full parental consent at each stage.
- Certificates of Appreciation for schools, students and Nodal Teachers

## **Action by Schools**

Schools willing to participate are requested to:

1. Nominate one teacher as School Nodal Officer for coordination with the ILBS team. The requisite details of the school willing to participate may be provided after attending the webinar in the google link: <https://forms.gle/nkosT8z5pbd1oSij6>
2. Facilitate communication with parents/guardians regarding programme details and consent.

Participating schools will be recognised as “CBSE Health Promoting Schools” in acknowledgement of their commitment to student well-being. The implementation and timeline activities are enclosed at **Annexure -1**

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Telephone: 011-24050612, Website : [www.cbseacademic.nic.in](http://www.cbseacademic.nic.in)





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It is to further mention that an orientation webinar is being organised to share more information about the Y-SMiES Programme as per details below:

- **Topic:** Orientation on Y-SMiES Programme for CBSE Schools
- **Date:** 7<sup>th</sup> May, 2026
- **Time:** 11:00 AM -12:00 PM
- **Mode:** YouTube Live
- **Link:** <https://youtube.com/live/zZtto2Bg5g4?feature=share>

The session will outline the key components of the programme and guide schools on effective participation and implementation.

You are requested to kindly disseminate the above information among students, teachers and parents and encourage participation in the programme.

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, 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 –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, 3<sup>rd</sup> 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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## PROGRAMME OVERVIEW

Y-SMILES is an evidence-based school health initiative combining early screening, targeted education, and clinical intervention for Non-Alcoholic Fatty Liver Disease (NAFLD) prevention among adolescents aged 11–17 years.

### Key Features

- **Fully funded by NTPC CSR**—zero financial burden on schools
- Minimal disruption: 3–4 hours per school over 3–4 weeks
- Teacher identified as Nodal Officer works alongside the programme team
- Non-invasive FibroScan technology + basic metabolic health screening
- Screening interspersed with intervention for maximum engagement and impact
- W Zone (Weight & Waist Zone) risk classification system
- Structured health education curriculum aligned with NEP 2020
- Free clinical linkage to care for identified at-risk students
- Voluntary participation with full parental consent at each stage
- Goal: RED → YELLOW → GREEN through targeted interventions
- Certificates of Appreciation for students, schools, and Nodal Teachers

## IMPLEMENTATION TIMELINE & ACTIVITIES

### Phase-wise Schedule (3-Month Cycle per Batch)

Phase	Timeline	Key Activities
<b>Phase 1: Preparation</b>	Month 1	School identification & registration across all regions; CBSE circular issuance to Govt & Private schools; orientation sessions; parental information & consent distribution; identification of Nodal Teacher at each school
<b>Phase 2: Screening</b>	Month 1–2	Step 1: Comprehensive health profile (questionnaire, anthropometry incl. W Zone assessment, risk assessment) interspersed with evidence-based health education interventions. Step 2: FibroScan & blood tests for high-risk (RED zone) students (with separate parental consent), followed by targeted interventions. Goal: RED → YELLOW, YELLOW → GREEN.
<b>Phase 3: Follow-up &amp; Recognition</b>	Month 2–3	Health Ambassador training. Personalised health report distribution (sealed envelopes to parents). Certificates of Appreciation to students, schools, and Nodal Teachers.
<b>Phase 4: Evaluation</b>	Month 3	Data analysis, impact evaluation, final reporting to CBSE.

### Activities at Each School (3–4 Weeks Duration)

Week	Activity	Duration	Location
Week 1	Programme orientation for parents & staff; parental information pack (what to expect, actions required); consent distribution; identification of Nodal Teacher	30–40 min	School assembly / classrooms
Week 2	STEP 1: Comprehensive health profile — Questionnaire (diet, activity, family history), W Zone anthropometric measurements (height, weight, waist circumference), risk factor assessment. Interspersed with	5–7 min per student	School medical room / designated area

	health education interventions (physical activity, healthy diet, substance use prevention, mental well-being).		
Week 2–3	STEP 2: Risk classification — RED Zone ( $\geq 4$ factors): Free FibroScan + blood tests (with separate parental consent), followed by targeted interventions. YELLOW Zone (3 factors): Intervention module. GREEN Zone ( $\leq 2$ factors): Intervention module. Goal: RED → YELLOW, YELLOW → GREEN.	FibroScan: 5–10 min; Blood: 2–3 min	School medical room upon consent
Week 3–4	Health Ambassador selection & training. Certificates of Appreciation to participating students, schools, and Nodal Teachers.	1–2 hours	School premises

### What Students Receive

- Comprehensive health screening (anthropometry incl. W Zone, blood pressure, liver assessment)
- Non-invasive FibroScan examination (liver stiffness & fat measurement)
- Blood tests for glucose, cholesterol, liver enzymes (at-risk students, with parental consent)
- Personalised health report (shared only with parents/guardians in sealed envelopes)
- Interactive health education sessions on nutrition, fitness, screen time
- Free medical consultation & follow-up at ILBS (high-risk students)
- Health Ambassador certification (selected students)
- Certificates of Appreciation for participating students, schools, and Nodal Teachers