



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



Circular

23.10.20

To

Principals, Teachers and Counsellors of All Affiliated Schools

CBSE MANUAL ON MENTAL HEALTH AND WELL BEING

Mental health over the years has assumed a significant role in the backdrop of changing times that have posed host of challenges, ranging from social, economic, behavioural and more.

School education has recently seen the emergence of "Health Promoting Schools" that lay sufficient emphasis on mental wellbeing of students and facilitate academic and psychosocial growth of every student.

CBSE has by and large developed a fairly robust ecosystem for psychological support, by way of multi-level interventions and interactions with schools, parents and community. The board has initiated a dialogue and created awareness on relevant behavioural and social problems, safety issues and provided solutions such as counselling, multimedia sources for education and transformation while putting them out on public domains for wider dissemination and outcomes.

In line with the same objective, CBSE has recently prepared the first ever Manual on Mental Health and Wellbeing. The manual outlines the role and impact of community, family and schools on a child's development. It also emphasises the importance of counsellors and special educators in schools at the same time as it also underscores the wellness of teachers and caregivers. There are a number of age specific activities meant for students in lower to higher secondary classes. A dedicated section on 'COVID and Beyond' will help readers in understanding and dealing with the current pandemic.

The manual aims to develop coping skills and revitalizing behaviors that induce non-threatening school spaces and promote sound mental health.

The CBSE Mental Health and Wellbeing Manual is currently available at www.cbse.nic.in and <http://www.cbseacademic.nic.in/> at following links:-

<https://cbse.nic.in/newsite/attach/CBSE%20MH%20Manual.pdf>

http://cbseacademic.nic.in/web_material/Manuals/MENTAL_HEALTH_AND_WELLBEING_G.pdf

Principals, Teachers and Counsellors are requested to make use of this manual as extensively as possible and disseminate further for wider community outreach.

Rama Sharma

Rama Sharma

Head Media and Public Relations



"शिक्षा केन्द्र", 2, सामुदायिक केन्द्र, प्रीत विहार, दिल्ली-110092
"SHIKSHA KENDRA" 2, COMMUNITY CENTRE, PREET VIHAR, DELHI-110092

Phone (off.) : 011-22509256-59, 22041807-08, Website: www.cbse.gov.in, www.cbse.nic.in

