



# 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/M&PR/Counseling/Workshops/

Date: 31.03.2025

### Circular

### Psychosocial Counseling Webinar Series for CBSE School Principals, Counselors, Wellness Teachers, and Educators

The Central Board of Secondary Education (CBSE) is committed to empowering educators in promoting student well-being and holistic development. To support this goal, CBSE is organizing a series of webinars designed to provide Principals, Counselors, Wellness Teachers and Educators with valuable insights and strategies on effectively addressing students' psychosocial and emotional well-being while creating an enriching learning environment where they can thrive and reach their full potential.

S.N.	Date & Time	Webinar Meant for	Webinar Topic & Speakers	Links
1	Friday <b>04 April 2025</b>  11.30AM- 12.30PM IST	Principals / Counselors / Wellness Teachers	<b>Topic</b> – <i>Art of Parenting for Principals / Counselors / Wellness Teachers</i>  <b>Expert Details:</b> -Dr. Ankita Raj, Author and Painter; Professor and Asst. Vice President, Ritnand Balved Education Foundation (RBEF) (the foundation of Amity Institutions)  <b>Key Topics:</b> - Understanding children and modern parenting challenges - Psychological insights into child development - Effective communication and relationship-building with children -	<b>Registration Link for Webex:</b> <a href="https://forms.gle/g1rWeJDNA6xdAs2F9">https://forms.gle/g1rWeJDNA6xdAs2F9</a>
2	Monday <b>07 April 2025</b>  11.30AM- 01.00PM IST	Principals / Counselors / Wellness Teachers / Educators	<b>Topic</b> – <i>Integrating Cancer Awareness into School Mental Health Programs: Fostering Resilience and Well-being</i>  <b>Expert Panel Details:</b> -Mr. Rajeev Khandelwal – Actor, Advisory Board Member, Sashakt -Dr. Harit Chaturvedi – Chairman Oncology, Max Hospitals -Ms. Tripti Shinghal Somani – Founder, Wommenovator; Cancer Survivor -Ms. Megha Ahuja – Director, Vivekanand School; Founder, Sashakt-The Ovarian Cancer Foundation; Author  <b>Key Topics:</b> - Feelings: Understanding and expressing emotions about cancer - Myths: Debunking misconceptions and reducing stigma - Preparedness: How to react and support students and peers affected by cancer	<b>Registration Link for Webex:</b> <a href="https://forms.gle/iUNS8YDkK9xYiuISA">https://forms.gle/iUNS8YDkK9xYiuISA</a>



"शिक्षा केन्द्र", 2, सामुदायिक केन्द्र, प्रीत विहार, दिल्ली-110092  
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3	Wednesday <b>23 April</b> 2025  <b>11.30AM</b> <b>-12.30PM</b> <b>IST</b>	Principals / Counselors / Wellness Teachers / Educators	<b>Topic</b> – <i>Integrating Social-Emotional Learning (SEL) into School Culture</i>  <b>Expert Panel Details:</b> -Pallavi Kulshretha, Associate Director, Dream A Dream Foundation -Avichal Pathik, Context Facilitator, Dream A Dream Foundation - Venu Doddavarapu, Context Facilitator, Dream A Dream Foundation - Tania, Context Facilitator, Dream A Dream Foundation  <b>Key Topics:</b> - Introduction to Social-Emotional Learning (SEL) - The role of SEL in student well-being and development - Strategies to integrate SEL into everyday school culture	<b>Registration Link for Webex:</b> <a href="https://forms.gle/vbdSGCjYZB sQjNoV7">https://forms.gle/vbdSGCjYZB sQjNoV7</a>
4	Wednesday <b>30 April</b> 2025  <b>11.30AM</b> <b>-12.30PM</b> <b>IST</b>	Principals / Counselors / Wellness Teachers / Educators	<b>Topic</b> – <i>Management of Invisible Disabilities in the Classroom</i>  <b>Expert Details:</b> - Dr Geet Oberoi, Ph. D; Founder President – ORKIDS  <b>Key Topics:</b> - Types of invisible disabilities - Concept of 2E (Twice Exceptional) - Screening & Identification - Intervention & Accommodation	<b>Registration Link for Webex:</b> <a href="https://forms.gle/dBKMARgHG Yr u8Nn49">https://forms.gle/dBKMARgHG Yr u8Nn49</a>
5	Wednesday <b>14 May</b> 2025  <b>11.30AM-</b> <b>12.30PM</b> <b>IST</b>	Principals / Counselors / Wellness Teachers / Educators	<b>Topic</b> – <i>Cyber Well being</i>  <b>Expert Details:</b> -Ms. Ritu Mehta, Deputy General Manager – Education and Training, Shri Educare - Ms. Kusum Turan, Chief Manager - Education and Training, Shri Educare  <b>Key Topics:</b> - Game Addiction and Data Breach - Ransomware - Cyberbullying: Impacts, Prevention, and Legal Perspectives - AI and Digital Deception	<b>Registration Link for Webex:</b> <a href="https://forms.gle/mvEQUzPk9eT HJSfk9">https://forms.gle/mvEQUzPk9eT HJSfk9</a>
<b>Note: In case the Registration link does not open, simply copy and paste into your browser's address bar.</b>				

All Principals, Counselors, Wellness Teachers and Educators of CBSE Schools are encouraged to join the webinars live on Webex. Participation will be limited to **1000 school principal/counselors/ wellness teachers**, based on a first-come, first-served basis. Feedback Forms link will be shared at the end of the webinar.

For those unable to attend the live sessions, recordings of the webinars will be made available on **CBSE's official YouTube channel** <http://www.youtube.com/@cbsehq1905> after the program.

(Himanshu Gupta)  
Secretary



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**Copy to the respective Heads of Schools, 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, 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, Odhisha-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.
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim -7371019
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 - 521456
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. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
16. The State Project Director, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Nayapalli, P.O. Sainik School, Bhubaneswar, District- Khorda, Odisha-751005
17. DS to the Chairperson, CBSE
18. All the Directors/ HODs/ CVO, 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/ Under Secretary/ Assistant Secretary, CBSE
21. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
22. Joint Secretary (IT Unit) with the request to upload this circular on the CBSE Website

**Secretary**



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