



# 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/DIR(ACAD)/2020

Date : October 6, 2020  
Circular No. Acad-75/2020

All the Heads of Schools affiliated to CBSE

**Subject: Observation of Mental Health Week from 4<sup>th</sup> to 10<sup>th</sup> October 2020- reg.**

As you are aware, the Ministry of Education, Govt. of India has undertaken 'MANODARPAN' initiative covering a wide range of activities to provide psychosocial support to students, teachers and families for Mental Health and Emotional Well-being during COVID-19 outbreak and beyond. During these unprecedented circumstances following the pandemic including closure of schools, new system of online classes, restrictions of outdoor activities, etc. has led to stress and anxiety among many students which calls for empathetic handling through psychosocial support. In this context, a Mental Health Week will be observed from 4<sup>th</sup> to 10<sup>th</sup> October, 2020 on the occasion of World Mental Health Day on 10<sup>th</sup> October, 2020.

During the Mental Health Week, following activities may be undertaken by the schools in an online mode:

## 1. Story Telling by Teachers

- Teachers should tell story to their students highlighting different components of mental well-being at primary/middle stage.
- Questions should also be asked by teachers to enable reflection by students, on different aspects of mental well-being in the story.
- Linkages with the students' daily life should be established to help create awareness.

## 2. Making Posters and Writing Slogans

- Students to develop posters and write slogans for creating awareness on mental well-being.
- Exemplary work of the students should be put on the school's website.

## Action to be taken

School heads are requested to:

- take necessary steps to encourage teachers and students to participate in the above mentioned activities
- select one best entry per activity (one Slogan, one Poster and one Story along with questions) at the school level and submit along with the report of the same on or before **October 12, 2020** at the link: <https://forms.gle/jFht8SGJvKKs92gZ7>
- disseminate information about the Manodarpn toll free helpline 8448440632 and webpage at <http://manodarpn.mhrd.gov.in>



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली-110002  
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





# 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)



Exemplary 04 slogans, 04 posters and 03 stories will be shortlisted and forwarded to the Ministry of Education.

All the Heads of Schools are requested to ensure maximum participation of students and teachers in the above mentioned activities in order to generate awareness on the importance of mental health and well-being in their life.

  
(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 School Education, Special Project Director-SSA /Directorate of Education/Director (SCERT) – Govt. of NCT of Delhi.
4. The Secretary School Education, Special Project Director-SSA /Directorate of Education /Director SCERT – UT Chandigarh.
5. The Secretary School Education, Special Project Director-SSA / Director of Education/Director (SCERT), Govt. of Sikkim, Gangtok.
6. The Secretary School Education, Special Project Director-SSA / Director of Education/Director (SCERT), Govt. of Arunachal Pradesh, Itanagar.
7. The Secretary School Education, Special Project Director-SSA / Director of Education/Director (SCERT), Govt. of A&N Islands, Port Blair.
8. Director Schools, IAF Educational Cultural Society Air Headquarters (RKP) West Block-VI, R. K. Puram New Delhi – 110066
9. The Principal Director, Director of Naval Education (Navy Education Society) H.Q. MOD (NAVY) West Block-V, II Floor, R.K. Puram New Delhi – 110066
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDR Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
13. 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
14. All Heads/ In-Charges, COEs of the Board with request to disseminate the information
15. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
16. In charge IT Unit with the request to put this circular on the CBSE Academic website
17. The Head Public Relations Unit, CBSE
18. EO to Chairman, CBSE
19. SPS to Secretary, Director (IT), Director (Academics), Controller of Examinations, Director (SE&T) and Director (PE), CBSE

Director (Academics)



‘शिक्षा सदन’, 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली-110002  
‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002

