



# 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 (4<sup>th</sup> -10<sup>th</sup> 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 4<sup>th</sup> to 10<sup>th</sup> October, aligning with World Mental Health Day (10<sup>th</sup> 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 13<sup>th</sup> October, 2025

With best wishes!

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

केन्द्रीय माध्यमिक शिक्षा बोर्ड एकीकृत कार्यालय परिसर, सेक्टर 23, फेस -I, द्वारका, न्यू दिल्ली - 110077

CBSE Integrated Office Complex, Sector 23, Phase- I, Dwarka, New Delhi -110077

Telephone: 011-24050512, Website : [www.cbseacademic.nic.in](http://www.cbseacademic.nic.in)

