

ई-मेल / Email : cbose.bharat@gmail.com

वेबसाइट / Website: www.cbose.com

सम्पर्कसूत्र / Contact : +91-9557361231

फैक्स / Fax :



केन्द्रीय मुक्त विद्यालयी शिक्षा एवं परीक्षा बोर्ड

(भारतीय संविधान के अनुच्छेद 19(1)(सी) एवं 19(1)(जी) तथामानवसंसाधन एवंविकासमंत्रालय, भारतशासक के अंतर्गत एक स्वायत्त संगठन)

पंजीकार्यालय : चतुर्थतल, प्राईमप्लाजा, इंदिरानगर, लखनऊ- 226016

केंपकार्यालय : सी-91 जेजेक्लस्टरपीरागढ़ी केंप, नई दिल्ली-110056

CENTRAL BOARD OF OPEN SCHOOLING AND EXAMINATION

(An Autonomous organization under Article 19(1)(C) and 19(1)(G) of the Constitution of India and under the Ministry of Human Resource Development, Government of India)

पत्रांकसंख्या

Ref. No.: CBOSE/AOD/4003

दिनांक:

Date: 30/09/21

Circular

To,

All the Heads and Managers of the Schools

Subject: Observation of Mental Health Week from 4 th to 10th October 2020- reg

Sir /Madam,

As you are aware, the Ministry of Education, Govt. of India has undertaken 'MANODARPAN' initiative with an aim to provide psychosocial support to students, teachers and families for Mental Health and Emotional Well-being during COVID outbreak and beyond. In this context, a Mental Health Week will be observed from 4 th to 10th October, 2021 on the occasion of World Mental Health Day on 10th October, 2020.

During the Mental Health Week, the schools may undertake any of the following activity/activities with their students, teachers, and parents/community members:

1. Poster making, slogan writing, elocution, performing art, etc. competitions
2. Self-reflective exercises through different art forms
3. Story telling sessions
4. Online talks, inter-house or inter school competitions, performing and visual arts session on theme such as 'Understanding and Caring for Self', etc.
5. Youth Parliament, discussions with students on mental health concerns, mental well – being of fellow students, etc.

6. Creation of safe and psychologically comfortable spaces within schools premises such as 'Let's Talk', 'Happiness Zone' or 'Psychological Safe Zones' for students to talk about their thoughts and emotions
7. Identification of mental well – being concerns by teachers in their subject content and sharing them during transaction with their students
8. Role plays/ Nukkad Nataks on effects of bullying, addiction, negative emotions, etc.

School heads are requested to take necessary steps to encourage students, teachers and parents/community members to participate in any of the above mentioned activities in order to generate awareness on the importance of mental health and emotional wellbeing in their life. Please share the exemplary work done by the students, teachers, parents/community members in any of the activities organised by the school during the Mental Health Week along with the report of the same on or before October 12, 2021 at the link: <https://forms.gle/CLNj7ykbWkcD2sSZ6> .

With Best Wishes

Copy with a request to respective Heads of Directorates as indicated below to also disseminate the information to all concerned schools under their jurisdiction:

1. All Regional Directors/Regional Officers of CBOSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
2. All Joint Directors/Deputy Directors/Assistant Directors, CBOSE
3. In charge IT Unit with the request to put this circular on the CBOSE websites
4. The Assistant Librarian, CBOSE
5. The Public Relations Officer, CBOSE
6. PS to Chairperson, CBOSE
7. SPS to Secretary, CBOSE
8. Guard File



Organization Secretary
Central Board of Open Schooling and
Examination, New Delhi