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केन्द्रीय मुक्त विद्यालयी शिक्षा एवं परीक्षा बोर्ड

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

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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.:C.B.O.S.E./A.C.D) 6020

दिनांक:

Date:07.08.2023

Circular

To,

Subject: Observance of Mental Health Week in schools during 4-10 October, 2023 – reg.

Dear Principal,

The National Education Policy (NEP), 2020 recognises that mental health is integral to the broader vision of education, which is reflected in the focus on socio-emotional aspects of development as an important prerequisite for optimal learning across stages of education.

'Manodarpan', as you are aware, is an initiative of the Ministry of Education (MoE), Government of India (GoI), under the 'Aatma Nirbhar Bharat Abhiyan'. This initiative aims to provide psychosocial support to students, teachers and families for mental health and emotional well-being during COVID-19 and beyond. It is heartening to share that since its inception in July, 2020, Manodarpan has been working in line with the approach of NEP, 2020 towards promoting mental health and well-being in school education.

Some of the services/activities for students, parents and teachers under Manodarpan are

1. National toll-free tele-counselling services (844-844-0632) are being provided from Monday to Sunday, 8:00 am to 8:00 pm.
2. Live interactive session 'Sahyog' (Monday to Friday, 5:00 pm to 5:30 pm) and 'Paricharcha' (Every Friday, 2:30 pm to 4:00 pm) are telecasted on PM e-Vidya Channels and are also available on 'NCERT Official' YouTube Channel.

3. 'Mental Health and Well-being of School Students - A Survey' (2022), conducted on students of classes VI to XII and report is available on **Manodarpan** webpage (https://manodarpan.education.gov.in/assets/downloads/Mental_Health_WSS_A_Survey.pdf)
4. Orientations and conferences are conducted for different stakeholders (school administrators, teachers, etc.) to create sensitivity and awareness towards mental health and well-being. Regional level workshops are also being planned.
5. A designated webpage (<https://manodarpan.education.gov.in/>) is available which contains several resources (advisory and guidelines, advocacy material, podcasts, FAQs, etc.).

The Teachers Mental Well-being Survey is being conducted for school teachers from all stages of education, across the country using Google Form (Link: <https://forms.gle/K6HqoLc4c7rkfeJJ9>). All the teachers are requested to fill up and submit this Google Form.

Furthermore, to celebrate the upcoming World Mental Health Day (10th October, 2023), a Mental Health Week will be observed from 4th to 10th October, 2023. During this period, schools may undertake activities listed in the Annexure with their students, teachers, parents/community members for creating awareness about mental health and well-being.

All the School Heads are requested to disseminate the above information amongst all the students, teachers and stakeholders to ensure their maximum participation in the above-mentioned activities during 4th to 10th October, 2023. Exemplary work of students/teachers may be collated by schools and share at manodarpancell@gmail.com.

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