



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)



No: CBSE/M&PR/Counseling/2025

03.02.2025

All the Principals/Heads of Schools/  
Institutions affiliated to CBSE

Subj.: Workshop for Principals/ Counselors / Wellness Teachers on Promoting Student Mental Health and Well-Being

Dear Principals

In the face of increasing emotional and psychological challenges in today's fast-paced world, the ability to provide immediate and compassionate support has become essential for counselors. Psychological First Aid (PFA) and Crisis Intervention are invaluable tools to help individuals navigate distressing situations, fostering stability and recovery in times of need.

To strengthen these critical skills, CBSE is organizing an **Offline "Workshop on Promoting Student Mental Health and Well-Being"** for **Principals/ Counselors / Wellness Teachers** of CBSE-affiliated schools in the **Delhi/NCR** region. This workshop will provide participants with practical strategies on how to identify mental health issues and provide necessary psychological support to students effectively.

**Details of the Workshop:**

**Day & Date** : 12 February, 2025 (Wednesday)  
**Time** : 10:00 AM to 2:00 PM  
**Venue** : Venkateshwar International School, Sector 10, Dwarka, New Delhi-110075  
(Participants are requested to arrive by 9:30 AM for pre-workshop formalities)

**Key Topics:**

- Mental Health –Need of the hour
- Early Identification- Signs and symptoms of Mental health Issues
- Crisis Intervention and Hands on techniques

**Registration Process:**

Principals/ Counselors / Wellness Teachers of CBSE-affiliated schools in the **Delhi/NCR** region interested in attending the workshop are requested to register via the following Google Form link:  
<https://forms.gle/5MWRcocQYF1KUPgq7>

Participation will be limited and based on a first-come, first-served basis. Confirmation emails will be sent to the selected participants.

Your active participation is crucial in building a robust support system to protect and nurture our students, ensuring their growth in a secure and positive environment.

For further queries, please contact us at: [cbse.counseling@gmail.com](mailto:cbse.counseling@gmail.com)

With best wishes,

(Himanshu Gupta)  
Secretary



शिक्षा केन्द्र, 2, सामुदायिक केन्द्र, प्रीत विहार, दिल्ली-110092  
"SHIKSHA KENDRA" 2, COMMUNITY CENTRE, PREET VIHAR, DELHI-110092





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## CENTRAL BOARD OF SECONDARY EDUCATION

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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, Eklavya 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, Odisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
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, 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),CBE HQ, with the request to upload this circular on the CBSE Website

**Secretary**



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