



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/2022

Date: 07.03.2022

Circular No: Acad-33/2022

All the Heads of Schools affiliated to CBSE

Subject: Mental Health and Well-being Survey – reg.

Dear Principal

The National Education Policy, 2020 has highlighted mental health as one of the prime concerns to be addressed for children's optimal development and learning. The unprecedented circumstances following the COVID-19 pandemic including the closure of schools, new system of online classes, uncertainties about examinations and future career, restrictions on outdoor activities due to lockdown etc. have led to stress and anxiety among many students, calling for empathetic handling through psychosocial support.

The Ministry of Education (MoE) 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 the COVID-19 outbreak and beyond. Amongst various activities which are being undertaken under the Manodarpan initiative, a Mental Health and Well-being survey is being taken up for students of classes 6th to 12th across different regions of the country.

The survey is being conducted using Google Form available at the following link:

<https://forms.gle/uG9mzbTSoDS335Uy6>

A brief video describing the purpose of the survey and steps for its administration is also developed to facilitate easy administration of the survey by school head and teachers. The video is available at the following link:

<https://drive.google.com/file/d/1qY4VcSGK2Umxe-RSvjEknbGLjG1kaltz/view>

Information/ responses are to be filled in the Google Form by the students. You are requested to disseminate the information among the students of your school and encourage the students to fill the Google Form. Please ensure that the duly filled-in forms are submitted at the earliest but not later than 10th March, 2022 positively.

With Best Wishes

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, Eklaya Model Residential Schools (EMRS), Ministry of Tribal Affairs,



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली –110002

'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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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-110 054
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 -791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
13. The Additional Director General of Army Education, A -Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
14. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
15. 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
16. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
17. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
18. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
19. In-Charge, Library
20. The Head (Media & Public Relations), CBSE
21. DS to Chairman, CBSE
22. SPS to Secretary, CBSE
23. SPS to Director (Academics), CBSE
24. SPS to Director (Information Technology), CBSE
25. SPS to Controller of Examinations, CBSE
26. SPS to Director (Training and Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE
28. SPS to Director (CTET), CBSE
29. SPS to Director (EDUSAT), CBSE
30. Record File

Director (Academics)



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