



केन्द्रीय माध्यमिक शिक्षा बोर्ड
(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



CBSE-Acad/Circular/2020

Date: July 22nd, 2020
Circular No: Acad-51/2020

All Heads of Institutions affiliated to CBSE

Subject: 'MANODARPAN'- an initiative of the Ministry of Human Resource Development to provide Psychosocial Support to students for their Mental Health & Well-being during the COVID outbreak and beyond.

Ministry of Human Resource Development has undertaken an initiative, named 'MANODARPAN' covering a wide range of activities to provide psychosocial support to students, teachers and families for Mental Health and Emotional Wellbeing during the COVID outbreak and beyond. The aim of Manodarpan is to help students to live their lives happily, effectively and productively and become resilient over time with the help of life skills even in the face of challenges and roadblocks. Under the initiative, all students from Schools affiliated to CBSE will be covered.

The 'Manodarpan' initiative has been included in the ATMANIRBHAR BHARAT ABHIYAN, as a part of strengthening human capital and increasing productivity and efficient reform and initiatives for the Education sector.

A Web-page named 'Manodarpan- Psychosocial Support for Mental Health & Well-being during the COVID outbreak and beyond' has been created on the Website of the Ministry of Human Resource Development. The Web-page contains advisory, practical tips, posters, videos, do's and don'ts for psychosocial support, FAQs and online query system.

A National Toll-free Helpline (8448440632) for a country-wide outreach to students from schools, colleges and universities has also been set up. Through this helpline tele-counselling will be provided to the students to address their mental health and psychosocial issues. This unique helpline shall be managed by a pool of experienced counselors/ Psychologists and other mental health professionals and will continue beyond the COVID-19 situation. About 500 experienced counsellors have been enrolled to implement the national helpline, and 100 counsellors have been mapped to commence the first phase for students.

It is requested that principals of all the schools affiliated to CBSE may disseminate information about this facility to students, parents and teachers of their respective schools to help students if they feel like getting expert advice on mental health issues.


(Dr. Joseph Emmanuel)
Director(Academics)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002
'ShikshaSadan', 17, Rouse Avenue, Institutional Area, New Delhi - 110002





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

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, ShaheedJeeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida201309
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, JungleGhat, P.O. 744103, A&N Island
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Under Secretary (EE-1), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi-01
13. 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
14. All Joint Secretary/ Deputy Secretary/ Assistant Secretary / Analyst, CBSE
15. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
16. In charge IT Unit with the request to put this circular on the CBSE Academic website
17. In-Charge, Library
18. The Senior Public Relations Officer, CBSE
19. PPS to Chairperson, CBSE
20. SPS to Secretary, CBSE
21. SPS to Controller of Examinations, CBSE
22. SPS to Director (Information Technology), CBSE
23. SPS to Director (CTET), CBSE
24. SPS to Director (Professional Examinations), CBSE
25. SPS to Director (EDUSAT), CBSE
26. SPS to Director (Academics), CBSE
27. SPS to Director (Skill Education & Training), CBSE
28. Record File

Director (Academics)



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