



केन्द्रीय विद्यालय संगठन(मुख्य०)
शिक्षा मंत्रालय भारत सरकार के अधीन स्वायत्त संस्थान
18 संस्थागत क्षेत्र, शहीद जीत सिंह मार्ग, नई दिल्ली-110016.
KENDRIYA VIDYALAYA SANGATHAN (HQs)
An Autonomous Body under Ministry of Education, Govt. of India
18, Institutional Area, S.J.S Marg, New Delhi-110016.
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F.No 11350/2024-25/KVS (HQs)/ Acad/ 5628

Date: 18.12.2024

The Deputy Commissioner
Kendriya Vidyalaya Sangathan
All Regional Offices

Subject: Promotion of Mental Health Awareness among Students & Teachers in KVs-reg.

Madam/Sir,

The NEP 2020 emphasizes mental health by integrating counselling, training teachers to recognise mental health issues, promoting emotional well-being, and ensuring support systems in schools to foster a healthy learning environment.

The National Curriculum Framework for School Education (NCFSE) 2023 emphasizes the importance of mental health by promoting emotional well-being, resilience, and self-awareness among students. It advocates for an inclusive educational environment that supports diverse learning needs and ensures all students feel valued. The framework stresses creating a safe and supportive school atmosphere, with access to counselling and resources to help manage emotional challenges.

Therefore, as part of our continuous efforts to promote the overall well-being of students and create a supportive learning environment, it is crucial to raise awareness about mental health within the Kendriya Vidyalaya. To ensure the effective dissemination of information regarding mental health in KVs, the following directions are to be issued to the KVs under your region:

1. To organize awareness sessions for students & teachers on mental health and emotional well-being.
2. To conduct training programs for teachers to help them recognize early signs of mental health issues and offer support.
3. To establish a peer support system to encourage students to support one another.
4. To foster an inclusive school culture that promotes emotional development and resilience.
5. To ensure students have access to school counsellors, aligned with the Career and Guidance framework defined in the NCFSE 2023.
6. To create a safe environment where students feel comfortable sharing their emotions and challenges, with trusted adults available to offer support.
7. To provide parents with guidance on how to support their children's mental health, including recognizing signs of stress, emotional distress, or depression.
8. To remind parents of the importance of maintaining open lines of communication with both their children and the school.
9. To counsel students to keep away from digital distractions and encourage them to adopt good practices like reading, playing sports or music, painting etc.

10. To encourage children to remain active by incorporating yoga into their daily routines, as it benefits both their physical and mental health.
11. Classroom interactions supported by mental health initiatives contribute to a more joyful atmosphere, fostering a positive learning environment for both teachers and students.
12. Teachers should assign homework in a manner that does not negatively impact students' mental health, ensuring they do not feel overwhelmed.
13. Schools could organize a 10-15-minute meditation or mindfulness session at the end of each month, encouraging both students and teachers to sit quietly and practice deep breathing, reducing stress and promoting well-being.
14. Under the PM SHRI Schools Guidelines for Career and Guidance, honorariums will be paid to experts for conducting sessions on students' mental health and well-being, as well as teacher training workshops on mental health, psychological well-being, and social-emotional health within the classroom.
15. The Life Skills Training Program, launched by the National Institute of Mental Health, includes training secondary school teachers to become life skills facilitators.
16. **MANODARPAN** (<https://manodarpn.education.gov.in/>) provides guidance on fostering a supportive school environment, with a focus on stress management and resilience-building for teachers. The toll-free helpline number for Manodarpn is 8448440632. Please ensure, this toll-free number is known to all students. It may be informed to students through Morning Assembly, during Classroom transactions and writing letter to parents. Further, letter issued by this office related to Manodarpn is also enclosed for ready reference.

Further, it is requested to take following necessary action at your end for ensuring importance of mental health awareness in all KVs:

1. To conduct VC with KVs to discuss strategies for how to reduce stress and conduct awareness sessions on mental health.
2. Mental Health Awareness Workshops may be conducted for Teachers and Principals at your level to address the problem.
3. E-mails, complaints, grievances of students are to be addressed at your end immediately and instruct Principal of KVs to resolve it at their level in time.

Yours sincerely,



(Dr. P. Devakumar)

Joint Commissioner (Acad.)

18.12.24.

Encl : As above

Copy to:

1. PS to Commissioner, KVS (HQs), New Delhi for information.
2. The Joint Commissioner, Training, KVS (HQs), New Delhi for information.
3. The Director, KVS, ZIETs for information.