

EDUCATIONAL & VOCATIONAL GUIDANCE COUNSELLING BUREAU
DIRECTORATE OF EDUCATION, GNCT OF DELHI
VIDYA SAMIKSHA KENDRA, BOULEVARD ROAD, DELHI – 110054
BRANCH ID: 5000009

F. DE.40(20) (197)/EVGB/2023-24/937-945

Dated: 08-09-2026

CIRCULAR

Subject: Observance of World Suicide Prevention Day – 2026

"Start the Conversation. Listen with Empathy. Connect with Support. Save a Life."

World Suicide Prevention Day is observed every year on **10 September** to create awareness, promote understanding and encourage collective action towards suicide prevention.

The year **2026** marks the **third and concluding year of the triennial theme (2024–2026), "Changing the Narrative on Suicide"**, with the call to action **"Start the Conversation."** The theme encourages us to move beyond silence, stigma and misconceptions and create a culture of openness, empathy and support, where individuals feel safe to express their concerns, seek help and reach out to others in distress.

Educational Vocational Guidance Bureau (EVGB), Directorate of Education, recognizing the significance of **World Suicide Prevention Day**, is organising a one-day awareness and sensitization programme titled **"JEEVAN ANMOL HAI"** on **10 September 2026**. Accordingly, all Government, Government-Aided and Private Schools under the Directorate of Education are directed to observe the day through meaningful awareness and sensitization activities aimed at promoting emotional well-being, reducing stigma, encouraging open conversations and strengthening help-seeking among students.

One-Day School Activity: **"START THE CONVERSATION"**

1. Morning Assembly – **"A Conversation Can Save a Life"** (Annexure II)

A brief sensitization session may be conducted highlighting the importance of emotional well-being, seeking help and supporting peers without judgement.

Students may be encouraged to remember the message: **"Listen. Talk. Support. Seek Help."**

2. Classroom Activity –

- **"My Circle of Support"**



3. Following videos can also be disseminated among students.

<https://youtu.be/1Bq4Zo-iHXM?si=rmEitg0bkQT037y4G>

https://youtu.be/07d2dXHYb94?si=77OB_QsiGWD7-Lki

<https://youtu.be/ORvJZv-Axss?si=7BdDjHUAmpli36xV4>

<https://youtu.be/ka5pSivJ5ok?si=MOKDOdhGvgrK8NfA>

(Students may create posters, messages or slogans promoting hope, kindness, empathy and help-seeking. Selected entries may be displayed prominently in the school.)

EVGCs shall facilitate the activities, conduct assembly talks and age-appropriate sensitization sessions and ensure that students requiring individual support are appropriately counselled and, wherever necessary, referred through the established referral mechanism.

Confidentiality, dignity and privacy of students shall be strictly maintained.

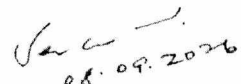
Heads of Schools are to ensure meaningful participation of students and staff and to make the observance an opportunity to build a **safe, caring and supportive school environment** where no student feels alone in facing emotional or personal challenges.

Instructions

1. HOSs must ensure enthusiastic participation of all students, and awareness session must be conducted in all schools.
2. DDEs (Districts/Zones) will ensure participation of all schools in their districts with full enthusiasm.
3. A report after completion of activities should be duly submitted on or before **21 September 2026**. (Annexure I – Reporting Format)

This issues with the prior approval of the Competent Authority.

Encl.: - As Stated Above


SEEMA ROY CHOWDHURY
DDE (EVGB)
Dated:08-09-2026

F. DE.40(20) (197)/EVGB/2023-24/937-945

Copy to: -

- 1) Secretary to Hon'ble Chief Minister, GNCT of Delhi
- 2) Secretary to the Hon'ble Minister of Education, GNCT of Delhi
- 3) PS to Secretary (Education), Directorate of Education, GNCT of Delhi
- 4) PS to Director (Education), Directorate of Education, GNCT of Delhi
- 5) PS to Addl. DE (EVGB), Directorate of Education, GNCT of Delhi
- 6) All DDEs (District & Zone) Directorate of Education, GNCT of Delhi
- 7) All HoS (Govt/Govt Aided/Pvt schools) for compliance
- 8) OS (IT) for uploading to MIS
- 9) Guard File


PRAMOD
OSD (EVGB)

ANNEXURE I (REPORTING FORMAT)

Data format (Schools to District):

Data format (Schools to District):
Schools are required to submit the data to District in the format given below by 18 September 2016

ACTIVITY REPORT (SCHOOLS TO DISTRICT)

NAME OF THE SCHOOL & SCHOOL ID	TOTAL NO. OF STUDENTS IN THE SCHOOL	ASSEMBLY TALK		CIRCLE OF SUPPORT	PEER DIALOGUE	LINK FOR PHOTOS/VIDEOS
		NO. OF STUDENTS SENSITIZED	NO. OF TEACHERS SENSITIZED	NO. OF STUDENTS PARTICIPATED	NO. OF STUDENTS SENSITIZED	

Data format (District to EVGB):
Districts are required to submit the:

Data format (District to EVGB):
Districts are required to submit the data to EVGB in the format given below by 21 September 2026

ACTIVITY REPORT (DISTRICT TO EVGB)

DISTRICT:

TOTAL NO. OF SCHOOLS IN THE DISTRICT	TOTAL NO. OF STUDENTS IN THE DISTRICT	ASSEMBLY TALK	CIRCLE OF SUPPORT	PEER DIALOGUE	LINK FOR PHOTOS/VIDEOS (TOP 5 PHOTOS AND 2 VIDEOS)
		NO. OF STUDENTS SENSITIZED	NO. OF TEACHERS SENSITIZED	NO. OF STUDENTS PARTICIPATED	NO. OF STUDENTS SENSITIZED



ANNEXURE II

Assembly Talk

"JEEVAN ANMOL HAI" – Start the Conversation

Let me ask you something **when you are worried or upset, whom do you talk to?**
A friend? A parent? A teacher? Your EVGC?

Sometimes, we may feel stressed, lonely or hopeless. But remember **you don't have to face it alone.**

Today, as we observe **World Suicide Prevention Day**, let us remember one simple message

"Jeevan Anmol Hai – Every Life Matters."

Life can sometimes feel difficult. Exam pressure, failure, loneliness, friendship problems or worries about the future can make us feel overwhelmed. But remember, **you do not have to face your problems alone.**

So, today, I want everyone to remember three simple words:

SPEAK – LISTEN – SUPPORT.

If you are struggling – **SPEAK.**

If someone needs you – **LISTEN.**

If a friend is going through a difficult time – **SUPPORT.**

And remember: **asking for help is not weakness; it is courage.**

So, can we make a promise today?

No judgement. No silence. More conversations. More care.

Say it with me: **"JEEVAN ANMOL HAI!"**

Every life matters. Every voice matters. Start the conversation.

Thank you!



“जीवन अनमोल है” – बातचीत की शुरुआत करें

मैं आपसे एक सवाल पूछना चाहता/चाहती हूँ—जब आप परेशान या उदास होते हैं, तो अपनी बात किससे करते हैं?

किसी दोस्त से? माता-पिता से? शिक्षक से? अपने EVGC से?

कभी-कभी हम तनाव, अकेलेपन या निराशा का अनुभव कर सकते हैं। लेकिन याद रखें—आपको अपनी परेशानियों का सामना अकेले नहीं करना है।

आज, विश्व आत्महत्या रोकथाम दिवस के अवसर पर आइए, एक सरल लेकिन महत्वपूर्ण संदेश याद रखें—
“जीवन अनमोल है – हर जीवन महत्वपूर्ण है।”

जीवन में कभी-कभी कठिन परिस्थितियाँ आ सकती हैं। परीक्षा का दबाव, असफलता, अकेलापन, दोस्ती से जुड़ी समस्याएँ या भविष्य की चिंता हमें बहुत परेशान कर सकती हैं। लेकिन याद रखें—आपको अपनी समस्याओं का सामना अकेले नहीं करना है।

तो आज मैं चाहता/चाहती हूँ कि आप तीन सरल शब्द याद रखें:

बोलें – सुनें – साथ दें।

अगर आप परेशान हैं—**बोलें।**

अगर कोई अपनी बात साझा कर रहा है—**सुनें।**

अगर आपका कोई दोस्त मुश्किल समय से गुजर रहा है—**उसका साथ दें।**

और याद रखें—**मदद माँगना कमजोरी नहीं, बल्कि साहस है।**

तो क्या हम आज एक संकल्प लें?

न कोई जजमेंट, न कोई चुप्पी—बस अधिक बातचीत और अधिक संवेदना।

सब मेरे साथ बोलें—**“जीवन अनमोल है!”**

हर जीवन महत्वपूर्ण है। हर आवाज़ महत्वपूर्ण है। बातचीत की शुरुआत करें।

धन्यवाद!