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PRESS RELEASE

CBSE–AIIMS Delhi Launches Project MATE Training Programme for CBSE School Counselors/Wellness Teachers

The Central Board of Secondary Education (CBSE) in collaboration with the All India Institute of Medical Sciences (AIIMS), New Delhi, inaugurated the **offline training programme under Project MATE (Mind Activation Through Education)** on **26th August 2025** at the AIIMS, New Delhi.

Project MATE, developed at AIIMS Delhi, is a pioneering adolescent wellness programme aimed at **enhancing resilience, equipping students with coping strategies, and promoting meaningful peer connectivity through the concept of “MATE-5.”** The training programme, running from **26th–30th August 2025**, will be facilitated by leading experts in psychiatry, psychology, and communication. The program has approx. 50 school counselors of CBSE affiliated schools of Delhi-NCR region initially.

The inaugural ceremony was graced by **Prof. Dr. M. Srinivas, Director, AIIMS; Shri Rahul Singh, IAS, Chairperson, CBSE; Shri Himanshu Gupta, IAS, Secretary, CBSE; Prof. Dr. K.K. Verma, Dean Academics, AIIMS; and Prof. Dr. Nand Kumar, Department of Psychiatry, AIIMS.**

Shri Rahul Singh, IAS, Chairperson, CBSE, underlined the growing need to integrate health and education in a holistic manner. He observed that in today’s fast-paced and technology-driven world, children are increasingly vulnerable to issues of loneliness, stress, and emotional disconnection. He noted that Project MATE provides a framework to address these needs by equipping school counselors and educators with the right tools to intervene meaningfully. He positioned the initiative as part of broader vision of AIIMS & CBSE for a holistic child development and future-ready education.

Prof. Dr. M. Srinivas, Director, AIIMS, regarded Project MATE as the beginning of a transformative initiative that brings together education and health - the two essential foundations of holistic development. He stressed that positive interventions such as these would play a crucial role in reshaping the well-being framework for students. He further emphasized the importance of resilience-building, adolescent well-being, and the collective responsibility of parents, counselors, and educators to bring in constructive interventions for student well-being.

Shri Himanshu Gupta, IAS, Secretary, CBSE, described the programme as an important collaborative step between CBSE and AIIMS. He encouraged school counselors to approach the five-day training with full dedication, adding that outcomes of this pilot initiative would be closely monitored through regular follow-ups. Based on these learnings, the programme would be further refined and prepared for wider outreach for the benefits of students and strengthening the school counseling ecosystem yet further.



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(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
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Prof. Dr. Nand Kumar, Department of Psychiatry, AIIMS, highlighted the importance of fostering social connections, positive sensory perception experience, and supportive environments to ensure the psychosocial health of students. He stressed that mental health should be normalized as a part of general health and that early school-based counseling is key to comprehensive development. He also shared that the five-day programme would cover themes including health, nutrition, family and social roles, joy, counseling mechanisms and much more.

Prof. Dr. K.K. Verma, Dean Academics, AIIMS, suggested that this important initiative should not be limited in scope but be scaled up to a national level so that students across the country benefit from its structured framework for well-being.

Over five days, **school counselors and wellness teachers** will undergo structured workshops focused on the **biopsychosocial model of health, anxiety-coping techniques, parental sensitization, impact assessment tools, and positive peer support systems**.

The initiative is expected to empower counselors to nurture **emotional resilience, conflict resolution, digital well-being, and social connectedness** among students, while also helping to **destigmatize mental health** within the school ecosystem.

Through this collaboration, **CBSE reaffirms its commitment to holistic education and adolescent wellness**, ensuring students are better equipped to rise above challenges and thrive in their academic and personal lives.

SECRETARY, CBSE



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The poster features a pink background with decorative red and white circular patterns. At the top, it displays the logos of the Ministry of Education, the MATE (Mind Activation Through Education) initiative, and the CBSE. The central text reads 'Building Wellness, Building Futures' and '5 DAYS Adolescent Wellness Training Programme'. Below this, the dates 'Tuesday 26th August - Saturday, 30th August, 2025' are listed, followed by '(An initiative by the Department of Psychiatry)'. The location is specified as 'Ramalingswamy Boardroom (Adjacent Director's Office)'. Two circular inset photos show groups of smiling students.



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