

CISCE Student Mental Health and Well-Being Conclave 2026

Round 1: School-level Dialogues

As per the latest CISCE guidelines, every school needs to conduct four sessions with students of Classes VI to XII, one on each of the following topics:

Session 1: Student Stress and Academic Pressure

Session 2: Emotional Well-being, Digital Life and Positive Relationships

Session 3: Drugs, Substance Abuse and Healthy Choices

Session 4: Building Resilience and Help-seeking Behaviour

In this regard, we plan to hold two of these sessions of approximately 90 minutes each before the Puja Vacation, as stated below:

Mon, Sep 28, 2026: Session 1 with Classes IX-XII

Tue, Sep 29, 2026: Session 1 with Classes VI-VIII

Tue, Sep 29, 2026: Session 2 with Classes IX-XII

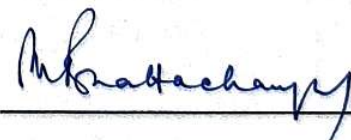
Wed, Oct 7, 2026: Session 2 with Classes VI-VIII

Participation is compulsory.

Students of Classes XI and XII will not have their morning classes at 8:40 am on Monday, Sep 28 and Tue, Sep 29. They need to report to School at 9:20 am and will be ready to leave at 3:00 pm on both days.

The dates for the remaining two sessions, to be held after the vacation, will be announced later.

Date: 24.03.2026



M. BHATTACHARYA

PRINCIPAL