

CBSE Capacity Building Workshop



CBSE Capacity Building Workshop on Mental Health and Wellness-A CBSE Capacity Building Workshop on Mental Health and Wellness was conducted on 8 June 2026 at the Bharatiya Vidya Bhavan's Public School campus. The workshop was attended by nearly 60 teachers from various schools. Mrs. Jayasree Nair, Head Academics, The Greek Planet School, and Mrs. C. V. Ramadevi, noted educationist, served as the Resource Persons for the programme.

The session focused on promoting mental well-being, emotional resilience, stress management, and creating a positive learning environment in schools. Through interactive activities and discussions, the participants gained valuable insights into supporting students' mental health and fostering holistic development.