

केन्द्रीय विद्यालय रोइंग

मायू I, डाकघर : रोइंग, जिला -लोअर दिबांग वैली

अरुणाचल प्रदेश - ७९२११०

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सीबीएसई स्कूल कोड: 39214 यूडाईस सं: १२१५०१०४८०२



KENDRIYA VIDYALAYA ROING

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School Code: 39214 UDISE NO: 12150104802

F.1/035/KVR1920/2026-27/

Date- 01.10.2026

OFFICE ORDER

As per the directions of **Kendriya Vidyalaya Tinsukia (RO)** regarding celebration of **Mental Health Month from 01.10.2026 to 31.10.2026**, the following activities shall be conducted for students of Classes **III to X** to promote **mental well-being, emotional resilience, kindness, healthy relationships and a supportive school environment**.

The activities are based on the suggested activities circulated by KVS.

CLASS	COORDINATING TEACHER	SUGGESTED ACTIVITIES(any one or two)
III and IV	Ms Anjali <i>Anjali</i> Ms Swati <i>Swati</i> Mr. Prag M. Kakkad <i>Prag</i>	1. Gratitude Wall 2. One Kind Conversation Challenge 3. Greeting/Appreciation Card Making 4. Bookmark Designing 5. Expressing Feelings through Drawing/Colouring
V and VI	Ms Anupam <i>Anupam</i> Ms Sushma Devi Mr. Ashwini kr. Sharma <i>Ashwini</i>	1. Random Acts of Kindness 2. School Feelings Circle 3. Creative Writing – Story/Poem 4. Poster Making 5. Guided Nature Walk
VII and VIII	Ms. Monika <i>Monika</i> Ms. Sarita Sharma Ms Shalvi Srivastava <i>Shalvi</i>	1. Slogan Writing 2. Role Play/Skits 3. Practising Mindfulness 4. Creative Art Expression 5. School Well-being Commitment
IX and X	Ms. Anu Bharti <i>Anu</i> Mr. Faheem Ansari <i>Faheem</i> Mr. Kameng Tikhak <i>Kameng</i>	1. Mental Health Awareness Poster/Digital Artwork 2. Slogan Writing 3. Role Play/Skits on Empathy, Stress Management, Bullying Prevention and Help-Seeking 4. Reflective Writing 5. School Well-being Commitment

[Signature]
01/10/26

Instructions

1. All Concerned Teachers of Classes III to X shall ensure active participation of students in the activities allotted to their respective classes.
2. The activities shall be conducted during suitable periods/Activity Periods/Value Education periods so that regular academic work is not adversely affected.
3. Students may be encouraged to express their thoughts and feelings in a safe, respectful and non-judgmental environment.
4. Concerned Teachers will share the photographs and samples of students' work to Mrs. Monika for compilation and further submission to the Principal.
5. The activities shall focus on the weekly themes prescribed by KVS, including **"Listen and Understand," "Self-awareness and Changing for Betterment," "Connect with Others," "Safe Digital Spaces," and "Creating Safe Schools: Every Voice Matters."**
6. Students shall also be encouraged to practise kindness, appreciation, healthy communication, mindfulness and help-seeking behaviour.
7. The concerned teachers shall submit a brief report of the activities conducted to the Mental Health Month/Well-being Coordinator for compilation and further submission to the Principal.
8. All activities shall be conducted in accordance with the guidelines and spirit of the KVS communication.

This Office Order shall come into force with immediate effect.



Principal (I/C)
Kendriya Vidyalaya Roing