



केन्द्रीय माध्यमिक शिक्षा बोर्ड
(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organisation under the Ministry of Education, Govt. of India)



CBSE/Media &PR/Counseling/ 2025

Dated 06.05.2025

**All the Principals/Heads of Schools
Affiliated with CBSE**

Subject: Inclusion of Daily Positive Affirmations in Morning Assemblies

Dear Ma'am/Sir,

In line with CBSE's commitment to promote the holistic development of students, all affiliated schools are advised to incorporate **daily positive affirmations** into their morning assembly routines from the **academic session 2025–26**.

Positive affirmations are short, meaningful phrases that help individuals develop a constructive self-image, emotional resilience, and a mindset rooted in growth and optimism. Regular engagement with such affirmations has been shown to significantly enhance individual's mental well-being, confidence, and focus. Together, let's help our children grow not just academically, but emotionally—so they become confident individuals ready to shape a better world.

Objectives of the Initiative:

- To support the **socio-emotional development** of students.
- To instil a **positive and respectful school culture**.
- To encourage **self-reflection and emotional regulation**.
- To help students start their day with **clarity, calm, and confidence**.

Schools are encouraged to include the following affirmations during morning assemblies:

1. I am always happy.
मैं हमेशा खुश रहता हूँ/रहती हूँ।
2. I am calm and stable in every situation.
मैं हर परिस्थिति में शांत और स्थिर रहता हूँ/रहती हूँ।
3. My memory and concentration are excellent.
मेरी एकाग्रता और स्मरण शक्ति बढ़िया हैं।
4. I eat healthy food; my body is perfect and disease-free.
मैं स्वास्थ्यवर्धक भोजन ग्रहण करता हूँ/करती हूँ; मेरा शरीर निरोगी है।
5. I use gadgets only for studying.
मैं गैजेट्स का उपयोग केवल पढ़ाई के लिए करता हूँ/करती हूँ।
6. I respect everyone. I respect nature.
मैं सबका सम्मान करता हूँ/करती हूँ। मैं प्रकृति का सम्मान करता हूँ/करती हूँ।

Implementation Guidelines:

- Schools may introduce 1–2 short affirmations each morning during the assembly.
- Affirmations should be age-appropriate, inclusive, and rooted in values of empathy, courage, and self-worth. Schools may customize affirmations further to align with their core values.
- Student participation in reciting or creating affirmations may be encouraged.
- Schools are free to innovate the format in alignment with their existing assembly structure.



"शिक्षा केन्द्र", 2, सामुदायिक केन्द्र, प्रीत विहार, दिल्ली-110092
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- Schools may display them on bulletin boards or classrooms as part of value education efforts.
- Language choice may be adopted to suit student profiles.

All Heads of Schools are requested to ensure the effective adoption of this initiative and encouraged to regularly analyse the activities and impact of these affirmations on students' emotional well-being and share their observations, feedback, and best practices with Board for further enrichment of the programme.

Let's work together to nurture our children not only academically but emotionally, empowering them to become confident individuals capable of shaping a better future.

For any queries or inputs, schools may write to: cbse.counseling@gmail.com

Warm regards,

(Himanshu Gupta)
Secretary



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Copy to the respective Heads of Schools, Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521456
13. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
14. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
15. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
16. The State Project Director, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Nayapalli, P.O. Sainik School, Bhubaneswar, District- Khorda, Odisha-751005
17. DS to the Chairperson, CBSE
18. All the Directors/ HODs, CBSE
19. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
20. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
21. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
22. Joint Secretary (IT Unit) with the request to upload this circular on the CBSE Website.


Secretary



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