



## Workshop Report

### MATE – Mind Activation Through Education

**Venue:** All India Institute of Medical Sciences (AIIMS), New Delhi

**Dates:** 26<sup>th</sup> to 30<sup>th</sup> August 2025

**Attended By:** Ms. Paavani Rai (Junior School Counsellor and Psychology Faculty for Class XI)

Project MATE (Mind Activation Through Education) Training Programme was organized by the Central Board of Secondary Education (CBSE) in collaboration with the All-India Institute of Medical Sciences (AIIMS), New Delhi, from 26th to 30th August 2025. The programme aimed at enhancing the professional capacity of school counsellors and wellness teachers to better support adolescent mental health and well-being.

The five-day training programme was inaugurated by Dr. Srinivas, Director, AIIMS, Shri. Rahul Singh, IAS, Chairperson CBSE, Shri. Himanshu Gupta, IAS, Secretary CBSE and other dignitaries from CBSE and AIIMS. The programme highlighted the need to integrate health with education, build student resilience, and promote peer connectivity. Around 64 counsellors from NCR participated in expert-led workshops covering topics like- Health models in school settings, nutrition, family roles, social support in student well-being, parental sensitization, family engagement, digital well-being, conflict resolution and peer support.

The programme introduced the MATE-5 framework, focusing on student connections with self, peers, family, nature, and society. While content quality was appreciated, participants suggested the delivery could be more concise and structured. The MATE project is expected to be launched in the 2026 academic session after the revision of modules. The participants' learning was further enriched by sharing and reflecting on diverse school experiences towards continued commitment to facilitating holistic education and adolescent wellness.



*Ananika*  
01.09.2025