



# Nagaland Board of School Education

Upper Bayavü, Kohima - 797001

Website: [www.nbsenl.edu.in](http://www.nbsenl.edu.in), Email: [nagaboard@gmail.com](mailto:nagaboard@gmail.com)

## **NOTIFICATION NO. 93/2025**

Dated Kohima, the 13<sup>th</sup> November, 2025

No.NBE-8/Ad-Misc(10)/PF-1/2025-26:: It is hereby notified for information to Heads of all Registered Institutions under NBSE that the Hon'ble Supreme Court of India in **Criminal Appeal of 2025 arising out of SLP(Crl.) No.(S) 6378 of 2024**, has issued mandatory guidelines on **Student Mental Health and Well-being** which are to be strictly implemented in the school premises. These guidelines will remain in force and binding until appropriate legislation or regulatory frameworks are enacted by the competent authority.

The core guidelines that require immediate compliance are prescribed as under:

1. All educational institutions shall adopt and implement a uniform mental health policy, drawing cues from the UMMED (understanding, motivate, manage, empathise, empower and develop) Draft guidelines, the MANODARPAN initiative, and the National Suicide Prevention Strategy. This policy shall be reviewed and updated annually and made publicly accessible.
2. All educational institutions with 100 or more enrolled students shall appoint/engage at least one qualified counselor, psychologist, or social worker with demonstrable training in child and adolescent mental health. Institutions with fewer students shall establish formal referral linkages with external mental health professionals.
3. All educational institutions shall ensure optimal student-to-counsellor ratios. Dedicated mentors or counsellors shall be assigned to smaller batches of students, especially during examination periods and academic transitions, to provide consistent, informal, and confidential support.
4. All educational institutions shall, as far as possible, refrain from engaging in batch segregation based on academic performance, public shaming, or assignment of academic targets disproportionate to students' capacities.
5. All educational institutions shall establish written protocols for immediate referral to mental health services, local hospitals, and suicide prevention helplines. Suicide helpline number, including Tele-MANAS and other national service, shall be prominently displayed in hostels, classroom, common areas, and on websites in large and legible print.
6. All teaching and non-teaching staff shall undergo mandatory training at least twice a year, conducted by certified mental health professionals, on psychological first-aid, identification of warning signs, response to self-harm, and referral mechanisms.
7. All educational institutions shall ensure that all teaching, non-teaching, and administrative staffs are adequately trained to engage with students from vulnerable and marginalized backgrounds in a sensitive, inclusive, and non-discriminatory manner.





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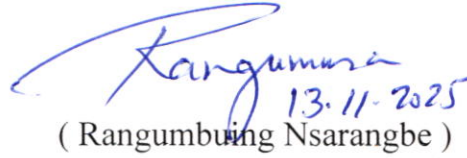
8. All educational institutions shall establish robust, confidential and accessible mechanisms for the reporting, redressal and prevention of incidents involving sexual assault, harassment, ragging and bullying on the basis of caste, class, gender, sexual orientation, disability, religion or ethnicity. Every such institution shall constitute an internal committee or designated authority empowered to take immediate action on complaints and provide psycho-social support to victims. Institutions shall also maintain zero tolerance for retaliatory actions against complainants or whistle-blowers. In all such cases, immediate referral to trained mental health professionals must be ensured and the students' safety, physical and psychological shall be prioritized. Failure to take timely or adequate action in such cases especially where such neglect contributes to as students' self harm or suicide, shall be treated as institutional culpability, making the administration liable to regulatory and legal consequences.
9. All educational Institutions shall regularly organize sensitization programmes (physical and/ or online) for parents and guardians on student mental health. It shall be the duty of the institution to sensitise the parents and guardians to avoid placing undue academic pressure, to recognize signs of psychological distress, and to respond empathetically and supportively. Further, mental health literacy, emotional regulation, life skills education, and awareness of institutions into support services shall be integrated into student orientation programmes and co-curricular activities.
10. All educational institutions shall maintain anonymised records and prepare an annual report indicating the number of wellness interventions, student referrals, training sessions, and mental health-related activities. This report shall be submitted to the relevant regulatory authority as and when asked for.
11. All educational institutions shall prioritize extracurricular activities, including sports, arts, and personality development initiatives. Examination patterns shall be periodically reviewed to reduce academic burden and to cultivate a broader sense of identity among students beyond test scores and ranks.
12. All educational institutions shall provide regular, structured career counseling services for students and their parents or guardians. These sessions shall be conducted by qualified counselors and professional pathways, and assist students in making informed and interest-based career decisions. Institutions shall ensure that such counseling is inclusive, sensitive to socio-economic and psychological contexts, and does not reinforce narrow definitions of merit or success.
13. All residential- based educational institutions, including hostel owners, wardens and caretakers, shall take proactive steps to ensure that campuses remain free from harassment, bullying, drugs, and other harmful substances, thereby ensuring a safe and healthy living and learning environment for all students.



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14. All residential-based institutions shall install tamper-proof ceiling fans or equivalent safety devices, and shall restrict access to rooftop, balconies, and other high-risk areas, in order to deter impulsive acts of self-harm.

Therefore, all concerned Heads are requested to take initiative in safeguarding the mental health and overall well-being of the students, thereby ensuring institutional adherence to the judicial directive.

  
13.11.2025  
( Rangumbing Nsarangbe )

**Secretary & Chairperson (Addl. Charge)**

No.NBE-8/Ad-Misc(10)/PF-1/2025-26/3416 Dated Kohima, the 13<sup>th</sup> November, 2025

**A. Copy for information and necessary action:**

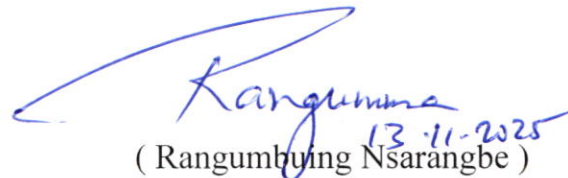
1. The Heads of Registered Institution under NBSE

**B. Copy for information:**

1. The Commissioner & Secretary to the Government of Nagaland, School Education & SCERT, Nagaland, Kohima.

2. The Principal Director, School Education, Nagaland, Kohima.

**C. Office copy**

  
13.11.2025  
( Rangumbing Nsarangbe )

**Secretary & Chairperson (Addl.Charge)**