

REPORT: MATE Workshop: Unboxing Health and Wellbeing

DATE: August 13, 19 and 21, 2026

CONDUCTED BY: School Counselor

ATTENDED BY: Selected students of VI (26), VII (26), VIII (25)



EVENT REPORT

The Central Board of Secondary Education (CBSE) in collaboration with the All India Institute of Medical Sciences (AIIMS), New Delhi, launched an Adolescent Wellbeing program under Project MATE (Mind Activation Through Education) in August 2025 at the AIIMS, New Delhi. The program was launched in select schools across Delhi/NCR.

Ms. Urvashi Sareen, school counselor is certified as a master trainer for the MATE program. She conducted the first workshop on Unboxing Health and Wellbeing for students of classes VI, VII and VIII separately.

The session began with a psychometric assessment, where all the participants filled a self-report form of questionnaire. The session began with MATE breathing and forming groups of 5 for all further activities.

The session unfolded into discussing the three pillars of health, out of which first 2 pillars were addressed in the first workshop – Physical and Emotional. Students discussed about the importance of Nutrition, Sleep, Hygiene and Exercise to stay physically fit. Emotions were also discussed along with the three zones to manage those emotions. The session ended with post-assessment psychometric test and reflection exercise.

The interactive nature of the workshop and the hands-on activities made it an engaging session. Participants gave positive feedback about the session. Few insights reported by the students also opened the window of further conversation to help them cope with daily life challenges.

