

Ref. No.: RGS/DO/2026-27/0207

Date: 19-09-2026

CIRCULAR FOR PARENTS

Participation in CBSE Talkathon – “Nasha Mukh Yuva for Viksit Bharat” (Grade VI-XII)

Dear Parents and Students,

As per CBSE Circular No. CBSE/M&PR/E-161697/2026 dated 16th September 2026, CBSE is organising a Talkathon on “Nasha Mukh Yuva for Viksit Bharat” to create awareness among young people about the harmful effects of substance abuse and to encourage them to make healthy, responsible and informed choices.

Details of the Talkathon:

- **Theme:** *Nasha Mukh Yuva for Viksit Bharat*
- **Date:** 20 September 2026 (Sunday)
- **Time:** 6:00 PM IST
- **Duration:** Approximately 45 minutes
- **Mode:** Live-streamed on CBSE's official YouTube channel
- **YouTube Channel:** CBSE – @cbsehq1905
- **Registration:** No registration is required.

Students and parents are requested to join the live-stream and participate actively in this important awareness initiative.

How Students Can Participate

Students may also contribute to the campaign by sharing their questions, messages, posters or short video clips related to the theme on social media.

While posting on social media, students may use:

Hashtags:

#NashaMukhYuva
#CBSETalkathon

Tag CBSE on:

- **X:** @cbseindia29
- **Instagram:** @cbse_hq_1929



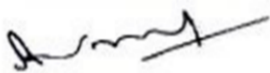
Students are encouraged to raise meaningful questions relating to peer pressure, prevention of substance abuse, making responsible choices, recognising early signs of substance use, and supporting friends who may need help. Selected questions may be taken up during the Talkathon.

Parents are requested to encourage their ward(s) to participate in the Talkathon and engage in meaningful discussions at home on the importance of making healthy and responsible choices.

Let us join hands to promote a healthy, aware and responsible young generation for a Nasha Mukta Viksit Bharat.

Note: Students are requested to participate and post on social media responsibly and respectfully. All posts, comments, photographs, videos and messages should be appropriate, respectful, factual and aligned with the theme of the campaign. Students should avoid sharing any content that may be offensive, misleading or inappropriate and should follow the school's guidelines for responsible digital citizenship.

Warm regards,



Dr. Arup Kr. Mukhopadhyay
Director

