



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 है।
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.



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