



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/ACAD/AP&AD(AC)/2026

Date: 06.05.2026

Circular No: Acad-26/2026

All the Heads of Schools affiliated to CBSE

Subject: Introduction of Y-SMILES Programme and Orientation Webinar for CBSE Schools – reg.

The Central Board of Secondary Education (CBSE), in collaboration with the Institute of Liver and Biliary Sciences (ILBS), New Delhi, is pleased to introduce the Y-SMILES (Young – Stronger India through a Million Health-Educated Students) programme for students aged 11–17 years in all CBSE schools across India. The programme will be conducted in rolling three month batches.

About the Programme

Y-SMILES is an evidence-based school health initiative combining early screening, targeted education and clinical intervention for Non-Alcoholic Fatty Liver Disease prevention among adolescents aged 11-17 years.

Key Highlights:

- No financial cost to schools, students, or parents
- Minimal disruption to academics (3-4 hours per school over 3-4 weeks)
- Comprehensive health profiling
- Structured health education curriculum aligned with the NEP 2020
- Voluntary participation with full parental consent at each stage.
- Certificates of Appreciation for schools, students and Nodal Teachers

Action by Schools

Schools willing to participate are requested to:

1. Nominate one teacher as School Nodal Officer for coordination with the ILBS team. The requisite details of the school willing to participate may be provided after attending the webinar in the google link: <https://forms.gle/nkosT8z5pbd1oSij6>
2. Facilitate communication with parents/guardians regarding programme details and consent.

Participating schools will be recognised as “CBSE Health Promoting Schools” in acknowledgement of their commitment to student well-being. The implementation and timeline activities are enclosed at **Annexure -1**

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CBSE Integrated Office Complex, Sector 23, Phase - I, Dwarka, New Delhi - 110077

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It is to further mention that an orientation webinar is being organised to share more information about the Y-SMiles Programme as per details below:

- **Topic:** Orientation on Y-SMiles Programme for CBSE Schools
- **Date:** 7th May, 2026
- **Time:** 11:00 AM -12:00 PM
- **Mode:** YouTube Live
- **Link:** <https://youtube.com/live/zZtto2Bg5g4?feature=share>

The session will outline the key components of the programme and guide schools on effective participation and implementation.

You are requested to kindly disseminate the above information among students, teachers and parents and encourage participation in the programme.

With best wishes!

(Dr. Praggya M. Singh)
Professor & Director (Academics)

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Copy to the respective Heads of Directorates, Organisations and Institutions with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklaya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil – Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
13. The Director, Jharkhand Education Project Council, Old HEC High School, JSCA Stadium Road, Jagannathpur, Sector-III, Dhurwa, Ranchi-834004 (Jharkhand)
14. Navy Education Society, Dte of Naval Education, Naval Headquarters, Ministry of Defence, West Block-V, RK Puram, New Delhi-110066
15. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
16. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
17. DS to Chairperson, CBSE
18. Secretary/ Controller of Examinations/ All Directors, CBSE
19. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
20. All Joint Secretary/ Deputy Secretary/ PPS/SPS/Under Secretary/ Assistant Secretary, CBSE
21. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
22. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
23. In-Charge, Library
24. Record File

Professor & Director (Academics)

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PROGRAMME OVERVIEW

Y-SMILES is an evidence-based school health initiative combining early screening, targeted education, and clinical intervention for Non-Alcoholic Fatty Liver Disease (NAFLD) prevention among adolescents aged 11–17 years.

Key Features

- **Fully funded by NTPC CSR**—zero financial burden on schools
- Minimal disruption: 3–4 hours per school over 3–4 weeks
- Teacher identified as Nodal Officer works alongside the programme team
- Non-invasive FibroScan technology + basic metabolic health screening
- Screening interspersed with intervention for maximum engagement and impact
- W Zone (Weight & Waist Zone) risk classification system
- Structured health education curriculum aligned with NEP 2020
- Free clinical linkage to care for identified at-risk students
- Voluntary participation with full parental consent at each stage
- Goal: RED → YELLOW → GREEN through targeted interventions
- Certificates of Appreciation for students, schools, and Nodal Teachers

IMPLEMENTATION TIMELINE & ACTIVITIES

Phase-wise Schedule (3-Month Cycle per Batch)

Phase	Timeline	Key Activities
Phase 1: Preparation	Month 1	School identification & registration across all regions; CBSE circular issuance to Govt & Private schools; orientation sessions; parental information & consent distribution; identification of Nodal Teacher at each school
Phase 2: Screening	Month 1–2	Step 1: Comprehensive health profile (questionnaire, anthropometry incl. W Zone assessment, risk assessment) interspersed with evidence-based health education interventions. Step 2: FibroScan & blood tests for high-risk (RED zone) students (with separate parental consent), followed by targeted interventions. Goal: RED → YELLOW, YELLOW → GREEN.
Phase 3: Follow-up & Recognition	Month 2–3	Health Ambassador training. Personalised health report distribution (sealed envelopes to parents). Certificates of Appreciation to students, schools, and Nodal Teachers.
Phase 4: Evaluation	Month 3	Data analysis, impact evaluation, final reporting to CBSE.

Activities at Each School (3–4 Weeks Duration)

Week	Activity	Duration	Location
Week 1	Programme orientation for parents & staff; parental information pack (what to expect, actions required); consent distribution; identification of Nodal Teacher	30–40 min	School assembly / classrooms
Week 2	STEP 1: Comprehensive health profile — Questionnaire (diet, activity, family history), W Zone anthropometric measurements (height, weight, waist circumference), risk factor assessment. Interspersed with	5–7 min per student	School medical room / designated area

	health education interventions (physical activity, healthy diet, substance use prevention, mental well-being).		
Week 2–3	STEP 2: Risk classification — RED Zone (≥ 4 factors): Free FibroScan + blood tests (with separate parental consent), followed by targeted interventions. YELLOW Zone (3 factors): Intervention module. GREEN Zone (≤ 2 factors): Intervention module. Goal: RED → YELLOW, YELLOW → GREEN.	FibroScan: 5–10 min; Blood: 2–3 min	School medical room upon consent
Week 3–4	Health Ambassador selection & training. Certificates of Appreciation to participating students, schools, and Nodal Teachers.	1–2 hours	School premises

What Students Receive

- Comprehensive health screening (anthropometry incl. W Zone, blood pressure, liver assessment)
- Non-invasive FibroScan examination (liver stiffness & fat measurement)
- Blood tests for glucose, cholesterol, liver enzymes (at-risk students, with parental consent)
- Personalised health report (shared only with parents/guardians in sealed envelopes)
- Interactive health education sessions on nutrition, fitness, screen time
- Free medical consultation & follow-up at ILBS (high-risk students)
- Health Ambassador certification (selected students)
- Certificates of Appreciation for participating students, schools, and Nodal Teachers