



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION



CBSE/Training Unit/2022/

Date: 01.08.2022

Circular No. Acad- 83/2022

To,

All the Principals/Heads of Institutions affiliated to CBSE.

Subject: Orientation Session for Principals on School Health and Wellness Programme-reg.

The School Health Programme was launched by the Ministry of Education and Ministry of Health and Family Welfare under the aegis of Ayushman Bharat. The programme envisages two teachers in each School as Health and Wellness Ambassadors, who will conduct age appropriate and culturally sensitive prevention and promotion activities in schools to improve the health and well-being of school going children in grades VI, VII, VIII, IX and XI.

The programme will focus on following themes:

- Growing up Healthy
- Emotional Well-being and Mental Health
- Interpersonal Relationships
- Values and Responsible Citizenship
- Gender Equality
- Nutrition, Health and Sanitation
- Prevention and Management of Substance Misuse
- Promotion of Healthy Lifestyle
- Reproductive Health and HIV Prevention
- Safety and Security against Violence and Injuries
- Promotion of Safe Use of Internet, Gadgets and Media.

This programme is already being implemented in the State government schools and the CBSE has decided to take up this programme in schools affiliated to the Board.

To orient the School Principals/Heads of Institutions, CBSE is going to conduct an Orientation session with following details:

1. **Date for the session:** 10.08.2022
2. **Time:** 03:00 PM to 05:00 PM.
3. **Mode:** Online
4. **Link to join the live session:** <https://youtu.be/BtkTS4X2Dg4>

The attendance link shall be shared in live streaming description during the orientation sessions the attendance link can be accessed by cbseshiksha.in email id only.

(Dr. Ram Shankar)

Director(Training)



'शिक्षा सदन', 17, राउज एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली – 110002

'ShikshaSadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below 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, Delhi - 110016
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida - 201309
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi - 110054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh - 160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim - 737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar - 791111
7. The Director of Education, Govt. of Andaman & Nicobar Islands, Port Blair - 744101
8. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini.
9. The Secretary, Sainik Schools Society, Room No.101, D-1 Wing, Sena Bhawan, New Delhi-110001
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi – 110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt – 110010
12. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India
13. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005
14. The Deputy Secretary to Chairman, CBSE - for kind information of the Chairman, CBSE
15. All the Heads of Department of the Board
16. All the Regional Directors/Regional Officers/Head-COEs, CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions for compliance
17. Head (Media & Public Relations), CBSE
18. Assistant Secretary (IT), CBSE, Rouse Avenue with the request to upload this notification on the CBSE Academic website
19. Incharge, Hindi Cell, CBSE HQ – for Hindi Translation of this notification

(Dr. Ram Shankar)
Director (Training)



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