



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)



Foreword

As part of the 150th birth anniversary of Mahatma Gandhi, the Central Board of Secondary Education took a major step in encouraging peaceful schools by joining hands with the national memorial of Mahatma Gandhi, Gandhi Smriti and Darshan Samiti and launching a free online course on nonviolent communication.

By facilitating a nonviolent communication ecosystem in the schools we can encourage restorative practices that will ultimately help in handling difficult behaviours in classrooms constructively. Also when we have a cohesive classroom, we can ensure better learning outcomes.

Use of nonviolent communication will help in promoting empathetic connections not only amongst all stakeholders in schools but also extend it to families and the society at large. It will also help in facilitating mediation and peer mediation programmes in schools which could effectively resolve classroom conflicts constructively. Also it would encourage socio-emotional learning and pro-social behaviour amongst students.

We request all of you who are doing this course whole heartedly try to assimilate its elements and principles.

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