



CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organization under the Union Ministry of Human Resource
Development, Govt. of India)
"Shiksha Sadan", 17, Rouse Avenue, New Delhi-110 002

ACAD/CBSE/EO(C)/2012

Circular No. Acad-20/2012

Date: 24/05/2012

All the Heads of the
CBSE affiliated schools

Subject: Celebration of 150th birth anniversary of Swami Vivekanand in CBSE schools on 12th January 2013 for encouraging youth for physical fitness.

Dear Principal,

Our nation is celebrating the 150th birth anniversary of the great philanthropist Swami Vivekanand on 12th January, 2013. In the third meeting of the National Implementation Committee for the commemoration of the 150th year Birth Anniversary of Swami Vivekanand held on 24th March, 2012 under the chairmanship of Hon'ble Finance Minister, it was decided to celebrate the 150th birth anniversary of Swami Vivekanand in CBSE schools on 12th January 2013 in a befitting manner.

The Board has decided to involve students' community of its schools in health & physical fitness activities that address age specific concerns at different stages of development as part of the celebration. Recognizing the importance of participation in Physical Education & Sports activities to development of one's balanced overall personality, the Central Board of Secondary Education has time and again recommended for providing compulsory time schedule for physical education & sports activities for the students of all classes.

The CBSE through its various advisories (*Circular No. 09 dated 31.5.2006, Circular No. 29 dated 20th June, 2007, Circular No. 27/08 dated 24th June, 2008, Circular No. 49 dated 6th Nov., 2008, Circular No. 57 dated 20.11.2009 and Circular No. 04/2012 dated 24th April, 2012*) has directed schools to set up Health and Wellness Clubs which can be used to conduct the activities which are detailed in the School Health Manuals in four volumes brought out by the Board.

Vide its Circular No. 71 dated 27th October 2010, the schools have been advised the following in this respect:

- a. There should be at least 40-45 minutes of Physical Activities or Games period for Classes I-X every day.
- b. For Classes XI – XII, all the students must participate in Physical Activity / Games / Mass P.T / Yoga with maximum health benefits for at least two periods per week (90- 120 min / week).
- c. In case the school has constraints of space, climatic conditions, presence of enough PE Teachers, or coaches it may consider indoor activities which would provide maximum health benefits (Aerobics / Meditation / Yoga & Asanas).
- d. Mass P.T. in the morning keeping in view the climatic conditions.

The Board had developed PEC cards for upper primary and secondary levels in association with British Council with each card having a game described in details with safety measures and a write-up on how it can be linked to various subjects. In June, 2010, the Board had conducted teacher training workshops in which more than 800 teachers had participated. The schools are advised to adopt and integrate these Cards in their physical education and sports activities.

With a view to raise awareness about the importance of physical fitness among the youth, the CBSE plans to introduce following among its affiliated schools.

- For developing a healthy life style and exposure to sun light, traditional indigenous games including outdoor games should be encouraged in schools leading to the body movements and fitness of schools.
- Shram Daan activities should be encouraged in schools.
- Games in schools be organized for mothers and grandmothers of students. Parents, teachers and school staff are encouraged to take part in these sports activities, runs and games.
- Students be involved in cleaning operations in their classrooms/schools by giving one day off to helping staff in the school including the gardners and sweepers etc.
- Students of higher classes be divided into smaller groups and should be sent to lower classes for helping out the teachers.
- Schools should regularly organize World Health Day, Anti drugs Day, National Youth Day, World Heritage Day, Sports Day, Children’s Day etc.
- Students be encouraged to make quotations of Swamiji’s vision of youth on bookmarks and posters etc.
- Students be involved for creation, updating & maintenance of Sports facilities in schools.

- Schools should ensure the availability of adequate and well maintained play grounds.
- Special sports activities be organized for disabled & weak students.

You are kindly requested to disseminate this information to all the concerned and draw an year long calendar of activities for implementation of the programmes and activities cited above, and inform the Board from time to time.

Thanking you,

Yours sincerely,

N. Nagaraju,
Director (Academic)

Copy with a request to respective Heads of Directorates/KVS/NVS/CTSA as indicated below to also disseminate the information to all concerned schools under their jurisdiction:-

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-110 016.
2. The Commissioner, Navodaya Vidyalaya Samiti, A-28, Kailash Colony, New Delhi.
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054.
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160 017.
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim - 737 101.
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar-791 111.
7. The Director of Education, Govt. of A&N Islands, Port Blair-744 101.
8. The Secretary, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini, Delhi-110 085.
9. All the 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.
10. The Education Officers/AEOs of the Academic Branch, CBSE.
11. The Joint Secretary (IT) with the request to put this circular on the CBSE website.
12. Joint Secretary(ACAD).
13. The Library and Information Officer, CBSE
14. EO to Chairman, CBSE
15. PA to CE, CBSE
16. PA to Secretary, CBSE
17. PA to HOD (AIEEE)
18. PA to HOD (Edusat)
19. The PRO, CBSE

Director (Academic)