



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/DIR(ACAD)/2021

September 10, 2021

Circular No. Acad-80/2021

All Heads of the Schools affiliated with CBSE

Subject: Adolescent Peer Educators Leadership in Life Skills, Health and Wellbeing Programme

Dear Principals,

The Central Board of Secondary Education has been proactively involved in providing interactive, participatory and innovative learning experiences to its students. In tandem with the vision of NEP 2020, the role of students as stakeholders is significant in modern day education. The voice and opinion of students as change makers is to be facilitated for a progressive world of tomorrow.

From developing core life skills to the journey of embellishing 21st century skills, the schooling years should help in building resilience, mental wellbeing and multifaceted well-rounded personality of students. The life skills education paradigm helps in evolving aware, responsible and empowered citizens of the country.

The covid-19 pandemic has impacted the psychosocial wellbeing of children and adolescents across the country. A large spectrum of mental health issues affecting young minds and families have been reported and steps have to be taken to address and support with extensive outreach.

Here students as '**Life Skills and Wellbeing Ambassadors**' can play a vital role in creating a participatory climate for behavioural change and adaptation to strengthen the inclusive environment.

CBSE has now planned to initiate and support the **Adolescent Peer Educators Leadership Program for enriching Life Skills, Holistic Health and Wellbeing** of its students in collaboration with Expressions India. With the conceptual framework of physical, mental and interpersonal development, certain overarching themes have been identified for taking forward the first phase of implementation of this initiative through a series of orientation programmes.

Themes of the Orientation Programmes

The initial orientation program series shall be implemented with the four modules comprising eight themes as mentioned below:

1. Introduction -the journey from core life skills to 21st century skills
2. Building resilience for coping and capacity building
3. Growing up healthy, importance of nutrition and hygiene
4. Family bonding and caring communication-emerging paradigm



'शिक्षा सदन', 17 राऊज एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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)

5. Healthy expression of emotions, dealing with anger, loss and sadness
6. Developing healthy interpersonal relationships-mobilizing peer support
7. Empowering self for the digital world and prevention of allied high-risk behaviors
8. Making effective career choices - integrating the Life skills approach

A repository of study material w.r.t. the various themes under the Peer Educator Leadership Program will be generated online for the reference of schools.

Aim of the Programme

The programme aims at building the capacity of senior students (Peer Educators) along with School Counsellors/1-2 Nodal teachers nominated by the school for the effective implementation of Life Skills Education in schools. These trained stakeholders will act as **School's Master Trainer Group** who will further arrange for the orientation programmes for rest of the stakeholders in their own school and the neighbouring schools as well.

This program is envisaged to gradually evolve into a self-sustaining model and partnerships with neighboring schools bringing together young voices and their opinions.

Number of schools per orientation programme

Around 50 schools shall be enrolled per orientation programme. The schedule of these orientation programmes shall be accordingly informed to the respective schools. Certificate of Participation (e-certificate) will be awarded to the participating Students and Teachers.

Nomination of Peer Educators

- School shall nominate four senior students (Peer Educators) - two each from class IX and XI to participate in the comprehensive orientation program.
- Also nominate one Teacher and the School Counselor/ Wellness Teacher to support the 4 peer educators.

While nominating the representative Peer Educators Team, please ensure that all the team members have the following:

1. Enthusiasm and commitment for teamwork
2. Good communication skills and empathy for peers
3. Ability to model and lead appropriate behavior for others
4. Zeal for knowledge and sensitivity towards health and wellbeing issues

How to Register

1. Schools willing to participate may fill up the online registration form available at the link <https://forms.gle/htSoRWqNweUJPCuo8>



‘शिक्षा सदन’, 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002
‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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)

2. A brief note (400 words) of the online activities being carried out by the school for the promotion of **Life Skills, Holistic Health and Wellbeing** should also be submitted along with the registration form.
3. The **last date** for filling the online registration form is **25th September, 2021**. Only online registration forms will be acceptable.

School Heads are requested to encourage the involvement of students, teachers and counsellors for building a continuous climate of life skills education paradigm in the schools.

For further queries, please mail at peerlifefskills@gmail.com

Dr. Joseph Emmanuel
Director (Academics)

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 JeetSingh Marg, New 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-110 054
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 –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
10. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001



‘शिक्षा सदन’, 17 राऊज एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002
‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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)

11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No.202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. 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
13. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
14. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
15. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
16. In-Charge, Library
17. The Head (Media & Public Relations), CBSE
18. DS to Chairman, CBSE
19. SPS to Secretary, CBSE
20. SPS to Director (Academics), CBSE
21. SPS to Director (Information Technology), CBSE
22. SPS to Controller of Examinations, CBSE
23. SPS to Director (Training and Skill Education), CBSE
24. SPS to Director (Professional Examinations), CBSE
25. SPS to Director (CTET), CBSE
26. SPS to Director (EDUSAT), CBSE
27. Record File

Director (Academics)



‘शिक्षा सदन’, 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002
‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002

