



# 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/DS/SE/BW/2023/

28.04.2023

Circular No. Skill-57/2023

The Heads of Institutions affiliated to CBSE

**Subject: 'Two Days' Awareness workshop and Teachers Training with Assessment for Skill Courses 'Beauty & Wellness' (Class 6 to 8).**

Dear Principals,

The National Education Policy (NEP) 2020 emphasizes the need of training and assessment for the teachers so that same may get exhibited in the classroom teaching-learning. Assessment is a robust process of evaluating the quality of learning.

For this purpose, the Board is going to offer online Awareness workshop and teachers training to the teachers teaching **Beauty & Wellness**. The training dates are **09<sup>th</sup> and 10<sup>th</sup> May 2023**. Registration is required for attending this training, registration link is given below.

**Please follow the below mentioned instructions before starting the training:**

1. The Awareness workshop cum teachers training is mainly divided into 2 days. Attending all the two days are **compulsory**.
2. For every day, **approx. 5 hours will be covered through online method**.
3. After every training day, **participants have to undergo the assessment on the same day** and as per the timeline mentioned in the schedule.
4. **Before starting, participants must register themselves on the link given below**. Without registration, you will not get the link to join the Awareness workshop cum Teachers training session or access the assessments. Registration link will remain open till 05:00pm, 07<sup>th</sup> May, 2023.
5. The **same email id and mobile number** that you used for registration have to be used for joining session and accessing assessments, otherwise **assessment results will not be valid**.
6. Participants can take assessment only once by using registered email id; **minimum 60% marks are required for passing in all 2 days training**.
7. Assessment will be based on the content covered in the training sessions.
8. **Steps to be followed:**
  - a) Register yourself for training using the Google Form given below in table
  - b) Session links will be provided to registered candidates
  - c) After attending the session, take assessment within 2 hours by using assessment links.
  - d) Attend the session on day 2 and continue in the same way till assessment of day 2.



'शिक्षा सदन', 17 राऊज़ एव्यू, इंस्टीटूटिनल एरिया, नई दिल्ली-110002

'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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## Training Schedule:

S. No	Activity	Time
<b>Registration form for attending online Awareness cum Teachers Training with Assessments for the Beauty &amp; Wellness (Class 6 to 8).</b>		
	➤ <b>Registration Link:</b>	<a href="https://forms.gle/LzwYTUP6QVXnUKrG8">https://forms.gle/LzwYTUP6QVXnUKrG8</a>
	➤ Beauty & Wellness	05:00 pm, 07 <sup>th</sup> May, 2023. (Link Close)
	➤ Welcome and Orientation	Tuesday, 09 <sup>th</sup> May 2023, 10:00 am - 10:30 am.
<b>Day 1: Tuesday, 09<sup>th</sup> May, 2023</b>		
1.	➤ Beauty Theory	➤ Hand and feet care ➤ Type of skin ➤ CTM 10:30 am – 11:30 am
2	➤ Personality Development	➤ Verbal and Non verbal communication ➤ Handling Peer Pressure and Bullies ➤ Stress Management 11:30 am – 12:30 pm
	➤ Break Time	12:30 pm – 12:40 pm
3	➤ Beauty Demonstration	➤ Hand & feet ➤ Type of skin ➤ CTM 12:40 pm – 01:40pm
4	➤ Health and Wellness Demonstration	➤ Posture and memory ➤ Physical fitness - ➤ Anulom Vilom ➤ Tadasana ➤ Shalabh Asana ➤ Bhujang Asana 01:40 pm – 02:40 pm
5	➤ Assessment Day 1	Tuesday, 09 <sup>th</sup> May, 2023, 02:40 pm - 04:40 pm
<b>Day 2: Wednesday, 10<sup>th</sup> May, 2023</b>		
1	➤ Hair Theory	➤ Type of hair ➤ Scalp massage ➤ Shampooing and conditioning 10:00 am - 11:00 am.
2	➤ Personality Development	➤ Speaking your thought- Interpersonal ➤ SWOT Analysis ➤ Public speaking ➤ Team work ➤ Social etiquettes and 11:00 am – 01:05 pm



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		conflict management	
	➤ Beak Time	01:05 pm – 01:15 pm	
3	➤ Hair Demonstration	➤ Type of hair ➤ Scalp massage ➤ Shampooing and conditioning	01:15 pm – 02:15 pm
4	➤ Health and Wellness Demonstration	➤ Surya namaskar ➤ High impact exercises ➤ Low impact exercises	02:15 pm – 03:15 pm
5	➤ Assessment Day 2	Wednesday, 10 <sup>th</sup> May, 2023, 03:15 pm - 05:15 pm	

**For any queries**, please write to Dr. Swati Gupta, Deputy Secretary, Skill Unit on the email id- [dsskill.cbse@gmail.com](mailto:dsskill.cbse@gmail.com)

**Registration Link** (In case the link doesn't work, please copy and paste the address on the browser)  
All are requested to join this course.

*Biswajit Saha*

**(Dr. Biswajit Saha)**  
**Director (Skill Education)**



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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 - 791 111
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

**Director (Skill Education)**



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