



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)



Training Schedule:

S. No	Activity	Time
Registration form for attending online Awareness cum Teachers Training with Assessments for the Beauty & Wellness (Class 6 to 8).		
	➤ Registration Link:	https://forms.gle/LzwYTUP6QVXnUKrG8
	➤ Beauty & Wellness	05:00 pm, 07 th May, 2023. (Link Close)
	➤ Welcome and Orientation	Tuesday, 09 th May 2023, 10:00 am - 10:30 am.
Day 1: Tuesday, 09th May, 2023		
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 th May, 2023, 02:40 pm - 04:40 pm
Day 2: Wednesday, 10th May, 2023		
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



‘शिक्षा सदन’, 17 राऊज़ एव्यू, इंस्टीटूटिनल एररया, नई ददल्ली-110002

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





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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 th 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

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.

(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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