



**केन्द्रीय माध्यमिक शिक्षा बोर्ड**  
(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)  
**CENTRAL BOARD OF SECONDARY EDUCATION**  
(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



CBSE/ Acad/JS (AHA) Cir/ 2019

December 27, 2019  
Circular No. Acad-82/2019

**All Heads of Institutions affiliated to CBSE**

**Subject: Holistic Development of Children under Fit India Movement.**

Contribution of physical activities ranges from physical and emotional benefits to improvement in powers of attention and concentration and the ability to perform in school. Inculcating a habit of compulsory physical activity in schools is, thus, vitally important as it does not only help children but promote development of a healthy and fit society as children who are active today are more likely to become active adults tomorrow. Lack of physical activity, on the other hand, can contribute to sedentary lifestyles and childhood obesity, which happen to be a serious public health challenges in the 21st Century.

A study by Indian Council of Medical Research reveals that fifty four percent of Indians are physically inactive leading to avoidable conditions such as obesity, hypertension, diabetes etc. Schools, therefore, play an immensely crucial role in developing physical activity habits by raising awareness about the significance of regular physical activity and by exposing children to fun and varied activities, as well as providing more active environments so that children find it easier to move more during their day. CBSE has been facilitating inclusion of compulsory physical activities in school curriculum and provision of healthy food options in school. The Board has taken the following steps in this direction:

(i) **Mandatory Health and Physical Activities in Schools**

CBSE has made Health and Physical Education compulsory in all classes from I-XII. The Board has directed schools to keep one period of Health and Physical Education for classes' I-XII each day vide circular number Acad-10/2018 dated March 21, 2018 for classes IX-XII and vide circular Acad 16/2019 dated March 9,2019 for classes I-VIII. All students are compulsorily required to participate in at least two sports activities as per their interest and capability and this has been included in the eligibility criteria to appear in Board Exams of classes X and XII. CBSE has also provided the detailed guidelines on transactional strategies and assessment criteria to schools in the form of a manual. This would prevent children from having a sedentary lifestyle.



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(ii) **Compulsory provisions of teachers and facilities for Physical Education**

Affiliation Bye-Laws of CBSE stipulate that every school will appoint Physical Education Teacher in the prescribed grade with PET to pupil ratio of 1:500 at each stage i.e. Primary Level/Secondary Level and Sr. Secondary level and they should be designated as PRT (Physical Education), TGT (Physical Education) and PGT (Physical Education). In addition to it, every teacher including class teacher, teaching in CBSE affiliated schools will be eligible for implementing, evaluating and record keeping of Health and Physical Education. Infrastructural facilities such as sports rooms, sports equipment and playground are also mandatory in nature.

(iii) **Promotion of Indigenous games and Martial Arts of India**

The Board organises 'Inter School Sports and Games Competitions' in as many as 24 disciplines at Cluster, Zone and National level. Out of these 24 disciplines five disciplines e.g. Archery, Kabbaddi, Kho-Kho, Rope Skipping and Yoga come under indigenous category. More than 5 lac students are participating in CBSE sports competitions this year at 274 centers across the country.

(iv) **Social Empowerment through Work Education and Action (SEWA)**

As envisioned in the new format of Health and Physical Education, each student is now required to undertake activities categorized under the following strands:

Strand 1: Games/Sports

Strand 2: Health and Fitness

Strand 3: Social Empowerment through Work Education and Action (SEWA) -an integral component of Health and Physical Education, it focuses on the mental / emotional and social health of the child. All students of classes IX to XII (for XII, only till end of the first semester/ term) are required to participate in SEWA program round the year with the main objective of directing children's mind towards constructive activities with positive outcomes through the facilitation of creative and critical thinking. This would help them to develop self-confidence and self-esteem.

(v) **Ban on Junk Food in Schools**



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Vide circular nos. 49 dt. 6.11.2008, No. 27 dt. 24.6.2008, No. 33 dt. 1.9.2008, No. 29 dt. 20.6.2007 and No. 09 dt. 31.5.06), CBSE issued strict directions to schools to desist from serving fast food in schools. The Board has also directed schools to ensure that Junk/ fast food needs to be replaced completely with healthy snacks. Carbonated and aerated beverages required to be replaced by juices and dairy products (Lassi, Chach, Flavored milk etc.) In the Circular No. Acad-02/2016 of January 06, 2016, all the Schools affiliated to CBSE have been advised to ensure that there is no HFSS(food high in Fat, Sugar and Salt such as chips, fried foods, carbonated beverages, ready-to-eat noodles, pizzas, burgers, potato fries and confectionery items, chocolates, candies, samosas, bread pakora etc.) available in the school canteens.

(vi) **Fit India School Week**

CBSE has directed schools that each year a total of 06 working days during the THIRD and FOURTH WEEKS in November will be celebrated as “Fit India School Week”. This movement endeavors to alter this behavior from ‘Passive Screen time’ to ‘Active Field time’ and develop Sports Quotient among all the students to achieve a healthy lifestyle.

(vii) **Fit India School Rating**

Honorable Prime Minister of India launched nation-wide “Fit India Movement” on 29 Aug 2019, to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. To take this mission forward, the Ministry of Youth Affair and Sports has launched Fit India School Week and Fit India School Rating to integrate Fitness as an essential part of School Education where Physical Fitness is taught and practiced, apart from home. CBSE shared the detailed expected activities and ratings developed by the Ministry of Youth Affair and Sports with its affiliated schools.

(viii) **Art Integrated Education**

In view of the National Curriculum Framework-2005 requirement, the Board has taken up the integration of Art with other subjects to help children apply art-based



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enquiry, investigation and exploration, critical thinking and creativity for a deeper understanding of the concepts/topics. It enables the student to derive meaning and understanding, directly from the multidisciplinary learning experience in a joyful manner. A document on the guidelines for Arts Integration- towards Experiential Learning has been prepared and shared with schools.

(ix) **Training of Health and Physical Education Teachers under National Level Training of Trainers (TOT) programmes by CBSE and Sports Authority of India (SAI) for Khelo India National Fitness Assessment Programme**

CBSE in association with Sports Authority of India has been conducting National Level Training of Trainers for Khelo India National Fitness Assessment Programme from December 2018. One-day training programs have also been conducted at zonal/district level through the CBSE's Centers of Excellence, which are mandatory for all Physical Education teachers of CBSE affiliated schools. There was no participation fee and around 7000 participants have been trained in around 150 programs conducted so far.

(x) **Schools as Anger-Free Spaces**

CBSE has been building the capacity of teachers in the area of Life Skills to help teachers understand the fact that the emotion of anger in children is innate and healthy. Like other emotions, anger is a mechanism to convey the message that a situation is disturbing, unjust, or intimidating. This message never gets conveyed if temper of teachers/students gets better of them. CBSE, thus, appeals to all schools to evolve as anger free places full of opportunities for joyful learning to students and teachers.

Teachers are not supposed to reciprocate to the feeling of disagreement expressed by students rather they need to handle the situation with aplomb. As anger is often induced out of frustration, low self-esteem or disappointment, teachers should try to avoid creating conditions that are likely to lead to these causal factors. This is why it is important to develop pedagogical plans with age appropriate tasks and expectations. Teachers should identify students who frequently get angry and understand the fact that these students simply fail to consider



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perspective of others and perceive situations differently. By realizing these differences, teachers need to offer them a different way of perceiving the situation. The Board has also mandated compulsory appointment of counsellors in schools to handle cases of extreme anger and aggression.

It is important that students understand that disagreement should always be expressed in decent and positive ways and develop an awareness of their own feelings. They should be ready to accept and utilize structured, constructive criticism and feedback from their teachers and peers. Life Skills manuals published by CBSE enable teachers to adopt a consistent approach in terms of developing students' emotional literacy, social skills and self-esteem. Life Skills of Empathy, Critical thinking, Creative thinking, Decision making, Problem Solving, Effective communication, Interpersonal relationship, Coping with stress and Coping with emotions, further enable and encourage students to learn and make use of alternatives to physical or verbal aggression and to express their feelings and views in a positive and assertive way.

In the backdrop of above initiatives and 'Fit India Movement that has been launched to protect and improve the nation's health and wellbeing and reduce health inequalities, schools are once again requested to plan and ensure daily fitness activities for all students to ensure that students' imbibe "Fitness as a habit" in every sense of the word – physical, mental and emotional and make Fit India Initiative a successful people's movement. As meaningful and satisfying Physical activities can be a precursor of greater physical activity throughout the lifespan, schools are expected to explore pedagogies to facilitate meaningful participation of all students in physical activities.

*Biswajit Saha*  
(Dr Biswajit Saha)  
Director (Trainings)

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, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309



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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 –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
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 Under Secretary (EE-1), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi-01
13. 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
14. All Joint Secretaries/ Deputy Secretaries/ Assistant Secretaries/ Analysts (Academic, Training and Vocational Unit), CBSE
15. In charge IT Unit with the request to put this circular on the CBSE Academic website
16. The Senior Public Relations Officer, CBSE
17. PPS to Chairperson, CBSE
18. SPS to Secretary, CBSE
19. SPS to Director (EDUSAT, Research and Development), CBSE
20. SPS to Director (Information Technology), CBSE
21. SPS to Director (Academics), CBSE
22. SPS to Controller of Examinations, CBSE
23. SPS to Director (SE & T), CBSE
24. SPS to Director (Professional Exams), CBSE

**Director (Trainings)**